

# A Study on Health Effect of Social Media Uses among College Students of Shuats, Prayagraj, Uttar Pradesh

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## ABSTRACT

**Background:** Social media is a form of electronic communication such as websites for social networking and micro blogging through which users create online communities to share information, ideas, personal messages, and other content such as pictures, videos etc.

**Objective:** To study about the effects of social media uses on their health among respondents

**Method:** A descriptive study was conducted at Sam Higginbottom University of Agriculture and Technology, Prayagraj, Uttar Pradesh was chosen purposively because the high numbers of students of different background were studying in this University from 1<sup>st</sup> January to 30<sup>th</sup> June 2019 with pre-tested interview schedule for collecting the data.

**Results:** In the present study, 323 respondents were selected out of which (62.5%) were male and (37.5%) were female. The age intervals selected were 15-24 years & all the undergraduate students were selected purposively where majority (48%) of the respondents aged between 20-24 years of age. The major health issues were found that (74%) of the respondents believed that social media affect on their mental health, (71.6%) of the respondents believed that it makes you addicted, (70.4%) of the respondents believed that it affects your sleeping order, (69.3%) of the respondents believed that it affects on your physical health, (66%) of the respondents believed that it makes you obese, (65.1%) of the respondents thinks that it causes eyes related problem i.e. dryness, itching, burnings sensation, eye strain, (64%) of the respondents believed that social media causes anxiety & depression, (61%) of the respondents believed that social media cause headache, backache & neck strain.

**Conclusion:** This study was concluded that depending on frequency & time duration spent on social media was directly affecting their mental health; they were getting addicted to it and cause health problems like Anxiety, Depression, Insomnia and less physical activity that leads to Obesity.

**Key words:** Social Media, Social Networking Sites, Face Book, Undergraduate Students, Personal Computer, Time duration

## INTRODUCTION

Social Media a web based services that give an opportunity to individuals to create their own personal profile with the choice of their own list of users and thereby connect with them in an altogether public forum that provides them with features such as Chatting, blogging, video calling, mobile connectivity and video/photo sharing. People spend more than usual hours on social networking sites to download

pictures, browse through updates seek entertainment and chat around with friends to keep themselves connected to one another (Khurana 2015).

Merriam-Webster (2019) defines that social media is a form of electronic communication such as websites for social networking and micro blogging through which users create online communities to share information, ideas, personal messages, and other content such as videos etc. Social

Media is the collection of applications (Face book, Twitter, WhatsApp, LinkedIn, or YouTube etc.) and websites that link people to share information and aware people about any event through social networking. Social media plays a vital role in life. Social media influence adolescent's life; it has both positive and negative impacts. Students use social media for learning purpose, for entertainment, and for innovation (Ali et.al 2016). According to recent reports, the more time you spend on social media, the more likely you are to suffer from mental illness. The most important concerns are decreased self-esteem, eating disorders, anxiety, feelings of inferiority, declined focus in work, etc (Manikant et.al 2018).

**OBJECTIVES:** To study about the effects of social media uses on their health among respondents

### MATERIAL AND METHODS

A descriptive study was conducted at Sam Higginbottom University of Agriculture and Technology, Prayagraj, Uttar Pradesh was chosen purposively because the high numbers of students of different background were studying in this University.

### SAMPLE SIZE:

It was calculated by using this following formula,  
 $N = z^2 pq / e^2$

Where n =desired sample

Z= standard normal deviate usually set at 1.96 which corresponds to a confidence interval of 95%

p=70% or 0.70

q= 1-0.70 =0.30

Confidence level (z) =1.96%

Permissible error (e) = 0.05

According to formula,

Sample size (n) =  $z^2 pq / e^2$

$n = 1.96^2 * 0.70 * 0.30 / 0.0025$

n= 322.6

Thus sample size is 323

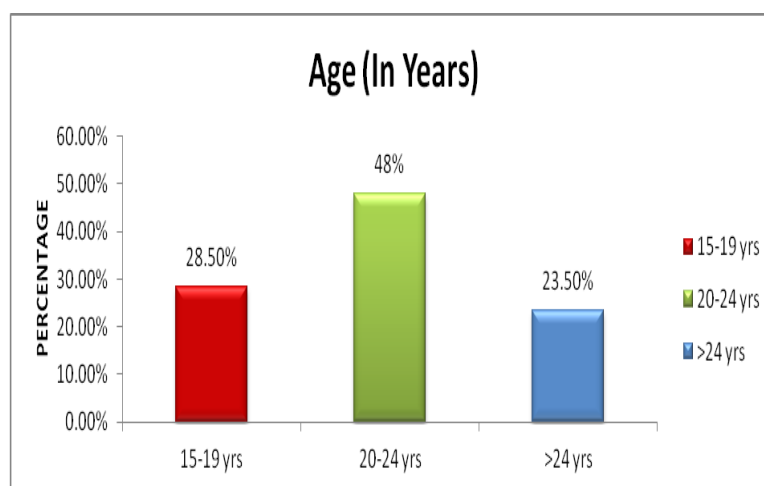
**TOOLS AND TECHNIQUES FOR DATA COLLECTION:** Data was collected through a pre-tested interview schedule

### RESULTS

**Table:-1.1: Age wise distribution of the respondents**

Age (years)	Frequency	Percentage (%)
15-19 yrs	92	28.5%
20-24 yrs	155	48%
>24 yrs	76	23.5%
Total	323	100.00

Table:-1.1 Shows that majority 48 per cent of the respondents belonged to aged ranged between 20-24 years and minimum 23.5 per cent of the respondents were above 24 years of age, as Undergraduate students were selected purposively therefore this particular age group was found.

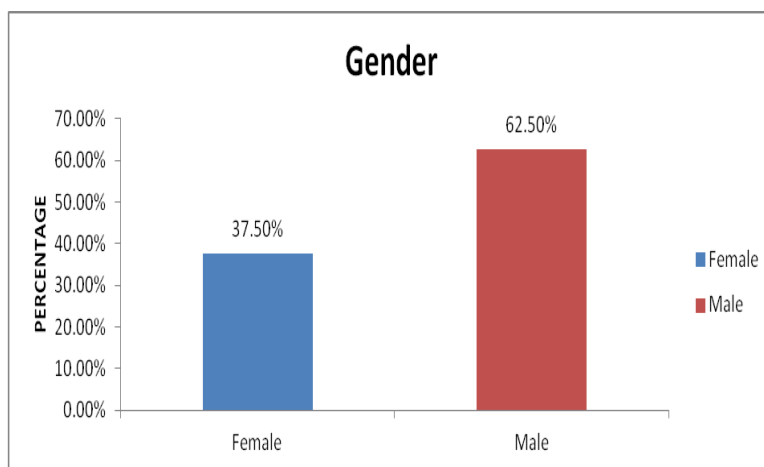


**Fig 1.1 Age wise distribution**

**Table:-1.2 Gender wise distribution of the respondents.**

Gender	Frequency	Percentage (%)
Female	121	37.5%
Male	202	62.5%
Total	323	100.00

Table:-1.2 Shows that majority 62.5 per cent of the respondents were male and 37.5 per cent of the respondents were female.

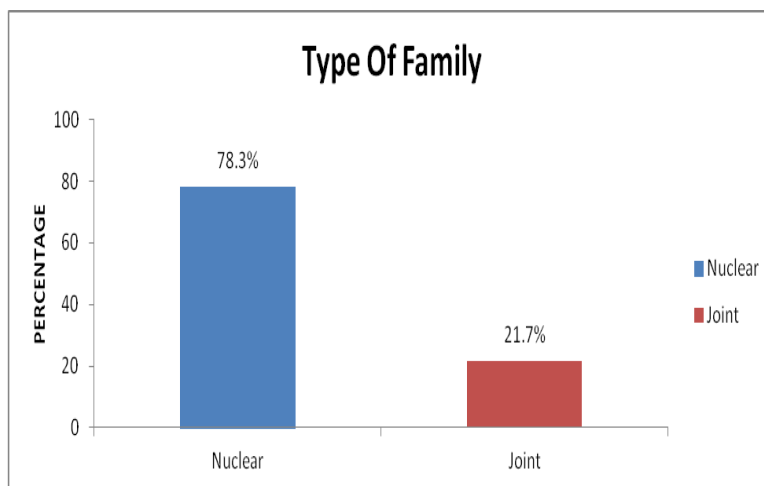


**Fig 1.2 Gender wise distribution**

**Table:-1.3: Type of Family of the respondents.**

Type of Family	Frequency	Percentage (%)
Nuclear	253	78.3%
Joint	70	21.7%
Total	323	100.00

Table:-1.3 Shows that maximum 78.3 per cent of the respondents were belonged to Nuclear family whereas 21.7 per cent were from Joint families.



**Table:-1.3 Type of Family**

**Table:-1.4: Family Annual Income wise distribution of the respondents.**

Family Income Annually	Frequency	Percentage (%)
< 5 Lakh	105	32.5%
> 5 Lakh	218	67.5%
Total	323	100.00

Table:-1.4 Shows that maximum 67.5 per cent of the respondents earned above 5 Lakh per year and minimum 32.5 per cent of the respondents were earning below  $\leq$  5 Lakh per year.

**Table 2.1: Duration of social media uses**

Year	Frequency	Percentage (%)
< 1 year	3	0.9%
1-5 year	304	94.1%
5 – 10year	16	5.0%
Total	323	100.00

Table 2.1 Shows that majority 94.1 percent of the respondents were using social media from a duration of 1–5 years and only 0.9 per cent of the respondents were using from less than 1 year.

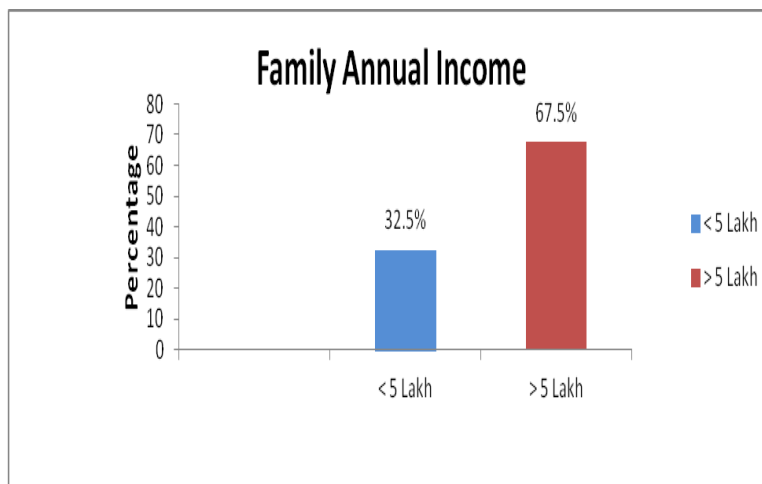


Table:-1.4 Family Income wise distribution

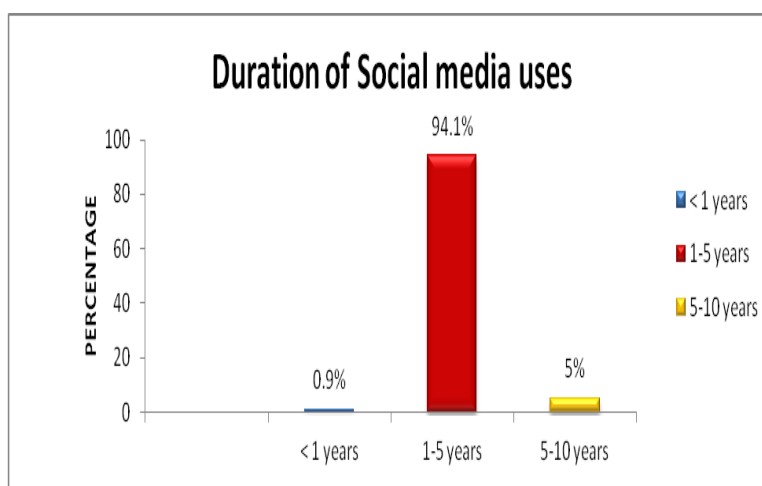


Table 2.1 Duration of social media

Table 2.2: Time spent on social media per day by the respondents

Hours per day	Frequency	Percentage (%)
Less than 30 min	12	3.7%
30- 60 min	38	11.8%
1-2 Hour	54	16.7%
>2 Hours	219	67.8%
Total	323	100.00

Table 2.2 Shows that maximum 67.8 per cent of the respondents were spending their time on social media are more than 2 hours per day and only 3.7 per cent spent their time less than 30 min per day

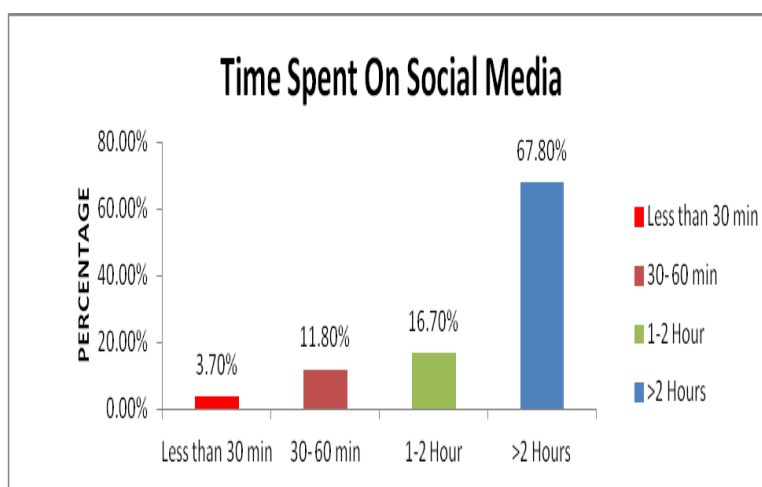


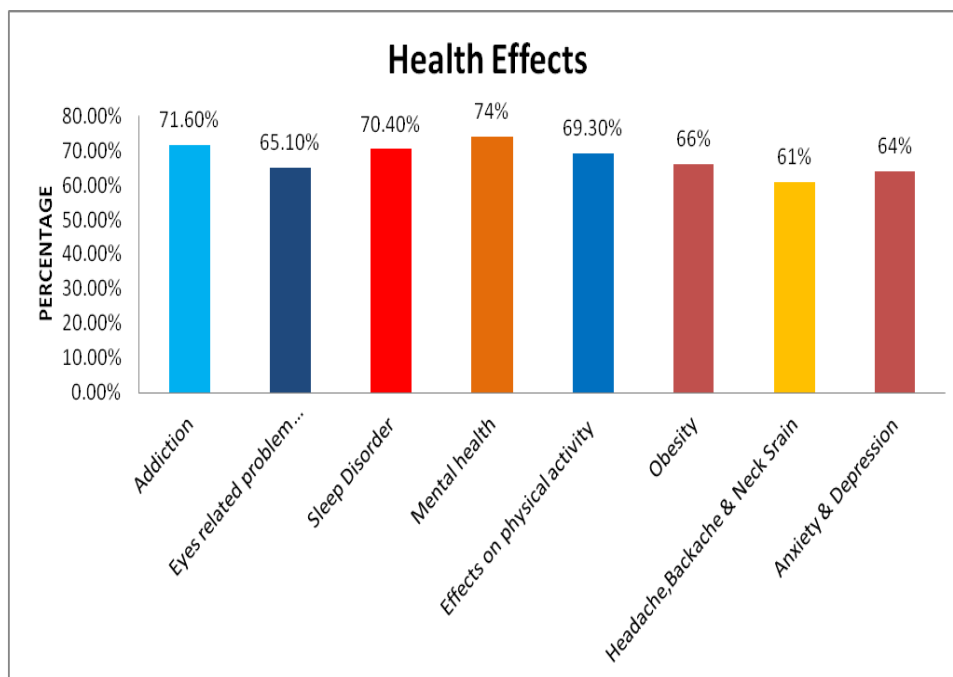
Table 2.2 Time spent on social media by respondents

**Table 3: HEALTH EFFECTS:**

	<b>HEALTH EFFECTS</b>	<b>YES</b>	<b>NO</b>
i	Addiction	71.6%	28.4%
ii	Eyes related problem (Dryness, Itching, Burning eye strain, etc)	65.1%	34.9%
iii	Sleep disorder	70.4%	29.6%
iv	Mental health	74%	26%
v	Physical activity i.e. Makes you lazy	69.3%	30.7%
vi	Obesity	66%	34%
vii	Causes headache, backache & neck strain	61%	39%
ix.	Anxiety & depression	64%	36%

Table 3: Shows that major impact on health by social media uses whereas the major health issues were found that maximum 74 per cent of the respondents believed that uses of social media effects on their mental health, around 71.6 per cent of the respondent believed that it makes you addicted, and 70.4 per cent of the respondents agrees that it affect to sleeping disorder, 69.3 per cent effects on their

physical activity, 66 per cent of the respondents believes that it make you obese day by day if you are addicted to it, 65.1 per cent of the respondents agreed that continuation of uses of social media can cause eyes related problems like eye strain, insomnia, Itching, Burning sensation ,etc and 64 per cent of the respondents believes that uses of social media is one of the major cause of anxiety & depression.



**Table 3: Health Effects**

## DISCUSSION

In the present study, 323 respondents were selected out of which (62.5%) were male and (37.5%) were female. The age intervals selected were 15-24 years & all the undergraduate students were selected purposively where majority (48%) of the respondents aged between 20-24 years of age. Majority (78.3%) of the respondent's belonged to nuclear family, (86.4%) of the respondents lived in urban areas and their

annual family income was < 5 lakh INR. Similar finding was done by (Khan, 2011) in his study he revealed that (55.4%) of the respondents aged between 15-25 years of age and in which male users were more than female users.

In this study it was found that (94.4%) of the respondents were using social media and majority (94.1%) were using it from a duration of 1-5 years. It was even observed that (15.5%) of the

respondents were using social media for an hour in a day and (16.7%) of the respondents were using social media for 1-2 hours in a day and the maximum (67.8%) of the respondents were using social media >2 hours. Similar finding was done by (Chaffey, 2016) he showed in his study that worldwide, digitally peoples are spending an average of 1 hour and 58 minutes per day on social networks and messaging.

This study revealed that there was major impact on health by social media uses whereas the major health issues were found that (74%) of the respondents believed that social media affect on their mental health, (71.6%) of the respondents believed that it makes you addicted, (70.4%) of the respondents believed that it affects your sleeping order, (69.3%) of the respondents believed that it affects on your physical health, (66%) of the respondents believed that it makes you obese, (65.1%) of the respondents thinks that it causes eyes related problem i.e. dryness, itching, burnings sensation, eye strain, (64%) of the respondents believed that social media causes anxiety & depression, (61%) of the respondents believed that social media cause headache ,backache & neck strain. Similar study was done by (Şahin et.al 2017) in his study he stated that excessive use of social media, by adolescents can cause disruptions in their physical and mental health, in sleeping patterns, their weight and levels of exercise and notably in their academic performance. The use of multiple social media platforms is more strongly associated with depression and anxiety among young adults than time spent online The more the participants are addicted to social media, the less satisfied they are with life.

## CONCLUSION

In this present study it was concluded that majority 48% of the respondent's age between 20-24 years of age as all the respondents selected Undergraduate students. It was observed in this study that respondents had 100%

knowledge about the social media use but comparatively practice was less. Majority of the respondents were accessing social media before going to bed and immediately after getting up which was leading to problems like eye irritation, sleeping disorder. Depending on Frequency & Time duration spent on social media was directly affecting their mental health; they were getting addicted to it and cause health problems like Anxiety, Depression, Insomnia, less physical activity that leads to Obesity, etc.

## RECOMMENDATIONS

This study investigates the effects of social media on college students. A result shows that social media gives positive and negatives impacts depend upon the frequency and duration of using social media. Students mostly use social media for communication with friends and families.

On the basis of analysis, the major recommendations are:

1. Minimizes the uses of social media.
2. Use social media in a way to enhance their skills and abilities.
3. Users should be specific about their objectives while surfing on social media so they not to get distracted.
4. Students should use their time wisely instead of wasting their precious time on other social networks like WhatsApp, Instagram, Face book, and YouTube.
5. Avoid of using social media before going to bed and immediately after getting up to avoid eyes related and mental health effects
6. To minimize its negative effects Government has to take some strict actions. Government should ban immoral websites.
7. Government has to make policies to check out unfair reporting of media which ruin the society.

## ACKNOWLEDGEMENT

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