

A Study to Evaluate the Impact of Social Media on Aggression Among Teenagers in Selected School of Tilda, Raipur (C.G.)

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Abstract: Background: Social media is a tool that has becoming quite popular these days because of its user-friendly features. It includes platforms like face book, Instagram, twitter. Billions of people around the world use social media to share information and make connections. According to the General Aggression Model, repeated exposure to violent content reinforces hostile structures by means of learning processes, leading to an overall more aggressive personality. Foulk et al., 2016 in his study concluded that violent media not only make its consumers, but also make their friends and family more aggressive, even its excessive use can ultimately harm their mental health. **Aim:** The present study is aimed to assess impact of social media on aggression among teenagers. **Setting and Design:** A quantitative research approach with non-experimental research design was adopted for the study. The study focused on teenager students from selected school of Tilda, Raipur (C.G.) **Material and Methods:** Totally 60 students between age 13-19 were enumerated from the selected schools of Tilda, Raipur (C.G.) after obtaining informed consent. Data was collected using 58 questionnaires covering the area, i.e., Modified Buss Perry Aggression Questionnaire (3-point rating scale) to assess aggression among teenagers and Self-Structured Questionnaire to assess the impact of social media among teenagers (3-point rating scale). **Results:** As the present study aimed to find out the impact of social media on aggression. Correlation between the two variables was calculated to find out the significance in the relation and r was found to be +0.62. Hence, moderate positive correlation ($0 < r < 1$) between aggression ($\bar{x} \pm SD$ 22.2 \pm 7.9) and usage of social media ($\bar{x} \pm SD$ 23.86 \pm 10.72) is identified that means as impact of social media increases, aggression also increases among the teenagers. There is significant association between aggression and type of parenting ($X^2_{cal} 12 > X^2_{tab} 9.49$). There is significant association between usage of social media and age ($X^2_{cal} 8.42 > X^2_{tab} 5.99$) and type of parenting ($X^2_{cal} 10.07 > X^2_{tab} 9.49$).

Keywords: aggression, impact, teenagers, use of social media.

1. Introduction

In an era of digital technology where one can get connected to any part of the world just in few seconds/minutes using any social media network, there is hardly any aspect of the lives of young people that social media has not saturated.

The number of internet users worldwide in 2018 is 4.021

billion, up to 7% year on year. The number of social media users worldwide in 2018 is 3.196 billion, up 13% year-on-year.

Encyclopedia of children's health explains aggressive behavior as reactionary and impulsive behavior that often results in breaking household rules or the law.

The co-occurrence of self-harm and aggression, and the link between these two behaviors, has consistently been shown in adolescent samples. O'Donnell et al.'s (2015) did systematic review of 23 studies found that the prevalence of aggression in those who had self-harmed exceeded 20% in most studies, with the highest reported prevalence rate being 74%.

2. Objectives

- 1) To assess the use of social media among teenagers.
- 2) To assess the level of aggression among teenagers.
- 3) To evaluate the impact of social media on aggression among teenagers.
- 4) To develop a need based informative module on "social media and its impact" on teenagers.

3. Material and Methods

A descriptive study was conducted using non experimental research design. Sample in the study were teenager students fulfilling the inclusion criteria at the selected settings. Students not regular in class, not willing to participate, have psychopathological problems, under substance abuse were excluded. Individual who gave informed consent were included. Data was collected using Modified Buss Perry Aggression questionnaire (3-point rating scale) to assess aggression among teenagers and Self-Structured Questionnaire to assess social media among teenagers (3-point rating scale).

A representative sample was selected using judgmental sampling from the population of all teenager students studying in Carmel Public School, Tilda (C.G). Judgement was done using basic evaluation questions on use of social media to identify the eligible samples.

Frequency and percentage analysis was done to describe the demographic characteristic of the students. The Chi-square

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analysis used to determine the association between socio demographic variable and aggression. Karl Pearson’s correlation analysis to find correlation between impact of social media and aggression.

4. Results and Discussion

A. Distribution of Subjects According to Socio-Demographic Variables

In present study, sociodemographic data elicit that among the study sample, maximum teenager students 48 (80%) belongs to 11-15 year of age and 40 (66.66%) are from 10th std. 33(55%) participants are males and majority of participant’s fathers 39 (65%) were graduates while 42(70%) of participant’s mother were graduates. 38 (63.33%) participants are reported to have family income more than Rs. 25,000 and 44(73.33%) shows respect for subject’s opinion and allows to be different. In 56 (93.33%) of cases both parents (father and mother) are involved in the birth and upbringing of the child, majorly 26 (43%) students are exposed to WhatsApp, and 27 (45%) have access to smart phones and 33 (55%) spent 1-2 hours in social media.

B. Usage of Social Media

1) Area wise analysis of usage of social media among teenagers

Social media usage is measured in terms of daily life disturbances, positive anticipation, overuse, withdrawal and tolerance. Among all the five dimensions, positive anticipation stands in highest intensity with a mean % 47.56% (7.61 ± 2.78), overuse with a mean % 41.93% (6.71 ± 3.49), daily life disturbances with a mean % 35.8% (3.58 ± 2.00), tolerance with a mean % 41.25% (3.3 ± 2.23), withdrawal of social media with least mean % 26.5% (2.65±2.40) respectively.

2) Overall analysis on use of social media among teenagers

Majority of the teenagers i.e., 39 (65%) were moderate users of social media, 12 (20%) were severe users of social media whereas 9(15%) were mild users of social media.

Above finding is supported by the study of Tripathy Archana (2020) Department of Mental Health Nursing, SUM Nursing College, Bhubaneswar, Odisha, India. The result of the current study indicates that from a total of 100 adolescents, 59(59%) were categorised under the group of moderate users, 25(25%) of adolescents were coming in the group of severe users and the rest 16(16%) of them were the category of mild users of social media and there was no important difference between certain socio-demographic variables and influence of social media use on youths.

C. Aggression Among Teenagers

1) Area wise analysis of aggression among teenagers

Aggression is measured in terms of physical aggression, verbal aggression anger and hostility using mean, mean% and SD. Among all the four dimensions, hostility stands in high intensity with a mean %18.81% (6.98± 3.01), physical

aggression with a mean % 30.86% (5.56 ± 3.02), anger with a mean % 39.28% (5.5 ± 2.91) and verbal aggression in least intensity with a mean % 46% (4.6 ± 1.56) respectively.

2) Overall analysis of aggression among teenagers

Majority of the teenagers i.e., 40 (66.66%) had moderate aggression, 10 (16.66%) had severe aggression, whereas only 10 (16.66%) had no aggression.

Above finding is supported by Kaur P (2019), Bathinda, Punjab, India where emotional status of adolescents is evaluated. Findings depicts prevalence of aggression of about 51.9%. Another study conducted by Garg et al. (2018) depicts high prevalence of aggression, i.e., of 61.7%.

3) Analysis to find out the impact of social media on aggression among teenagers

Table 1 and figure 1, illustrate correlation between the study variables. As the present study aimed to find out the impact of social media on aggression. Correlation between the two variables was calculated to find out the significance in the relation and r was found to be +0.62. Hence, moderate positive correlation (0 > r < 1) between aggression ($\bar{x} \pm SD$ 22.2±7.9) and impact of social media ($\bar{x} \pm SD$ 23.86±10.72) is identified that means as impact of social media increases, aggression also increases among the teenagers. Therefore H₁ i.e., there is significant impact of social media on aggression among teenagers is accepted.

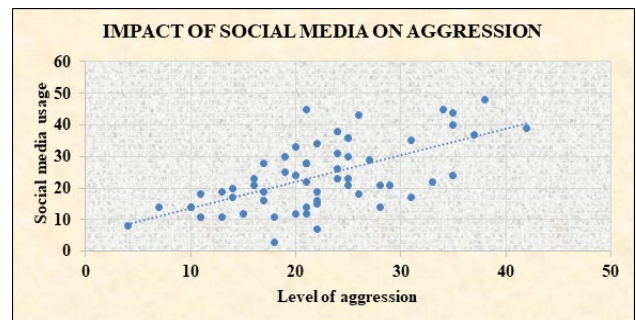


Fig. 1. Correlation between the study variables

This conforms to the findings of Giridharan M (2022) did study on aggression in Madras among 120 school going adolescent students. The hostility dimension of aggression did not have a relationship with aggression resulting in the rejection of the hypotheses. Karl Pearson coefficient of correlation was calculated and r was found to be +0.83 at 0.01 level. It was seen that the r squared value of the regression analysis showing the influence of internet addiction on physical aggression was 0.616, verbal aggression was 0.177, anger was 0.304 and total aggression was 0.553.

4) Association between aggression and selected socio demographic variables

There is significant association of the study variable aggression with type of parenting as chi square value calculated

Table 1
Analysis to find out the impact of social media on aggression among teenagers

S.No.	Variables	Mean	SD	Karl Pearson coefficient of correlation
1	Aggression	22.2	7.90	"r" = +0.62
2	Social media usage	23.86	10.72	

(12) is greater than the table value (9.49) at 0.05 level of significance. Hence, H_2 i.e., there is significant association between social media and selected socio demographic variables among teenagers is accepted in regards to type of parenting.

Above finding is supported by the study of Dr. Nalini Tripathi (2019) Department of Mental Health Nursing, SUM Nursing College, Bhubaneswar, Odisha, India. It was found that that out of the total participants 55.8% were males and 44.2% were females. Inferential analysis proves that males were having significantly more scores on aggression scale than females ($p=0.004$). Total aggression score was higher among adolescents aged 12-13 years, 14-15 years as compared to those aged 16-17 years and 18-19 years. Mean score of aggression was higher in younger adolescent (14.2 ± 13.4) as compared to 18-19 years (5.28 ± 4.2). However, the number of students in early adolescent group being small in the present sample and observed differences were statistically insignificant ($p=0.068$).

5) Association between use of social media and selected socio demographic variables

There is significant association of the study variable social media usage with age in years as chi square value calculated (8.42) was greater than (5.99) at 0.05 level of significance and type of parenting as chi square value calculated (10.07) was greater than the table value (9.49) at 0.05 level of significance. Hence, H_3 i.e., there is association between use of social media and selected socio demographic variables is accepted in regards to age in years and type of parenting.

5. Implications

A. In Nursing Education

- Social media is a platform that can assist nursing faculty to help students gain greater understanding of communication, professionalism, healthcare policy, and ethics.
- Psychoeducation for self-evaluating teenagers on frequent bouts of anger, irritability or hostility among themselves and potential harm to oneself and others indulging in dangerous acts. Through statistical data, teenagers can be informed on the influence of social media usage in such uncontrollable violent acts.

B. In Nursing Practice

- Nurses need to have advanced knowledge and information regarding social media tools to motivate and encourage staff nurses to improve the skill through social media.
- Nursing professionals can play a key role in identifying the negative impact of social media on social, psychological and physical health.

C. In Nursing Research

- Conduct more nursing research with the aim to understand the role of social media and its impact on students' life.
- This study can be utilized as a reference material for future research for identifying the problems, and

challenges faced by regular use of social media.

- There is a need for further investigation and innovation to develop means for use of social media and aggression.

6. Recommendations

- A similar study can be undertaken with larger sample size, including students over all schools and colleges.
- A comparative study can be done to assess the impact of social media on aggression between urban and rural area.
- Retrograde studies to be conducted among criminals to analyze their use of social media.
- Qualitative studies to be done to get a detailed understanding on feeling and subjective understanding on lack of self-control/aggression.

7. Conclusion

Results obtained in the current study and previous studies prove that social media have a very negative impact on teenagers as it promotes aggressive behavior among them. Despite its potential benefits, social media has a dark side. Social media violence statistics corresponds increasingly to large scale violence throughout the world. Hence there is a need to address this threat.

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