

A Study on Affect of Social Media in Our Personal life.

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Abstract- Our daily lives now include social media, which has a significant impact on our individual experiences. Through an original viewpoint, this research explores the consequences of social media on our emotions, actions, and interpersonal connections. By focusing on people's lived experiences in various social media situations, this study expands on the body of prior research by using a qualitative research methodology. The results show that social media may have a significant impact on our emotions, affecting our mood, self-worth, and general well-being. It also affects how we behave, contributing to issues like addiction, FOMO, and an over-dependence on online relationships. The study also reveals the intricate dynamics of social media in our romantic relationships. It clarifies how social media may damage relationships by causing problems including online disputes, the propagation of false information, and privacy erosion. It also draws attention to the advantages, such as promoting social ties, advancing common interests, and promoting online activism. It emphasizes the need for individuals to critically reflect on their social media usage, develop healthy digital habits, and strike a balance between virtual and offline interactions. It also underscores the importance of raising awareness about responsible social media use and advocating for policies and interventions that promote positive engagement while mitigating the negative impact on personal lives.

Key words: Social media, Personal well-being, Social media privacy, addiction, Online interactions, Social media influence, FOMO

INTRODUCTION

Social media is an internet-based form of communication. Social media platforms allow users to have conversations, share information and create web content. There are many forms of social media, including blogs, micro-blogs, wikis, social networking sites, photo-sharing sites, instant messaging, video-sharing sites, podcasts, widgets, virtual worlds, and more.

Families represent not only environments wherein their members live but also whole complex social systems. Thus, according to the family systems theory perspective, family functioning refers to processes and interactions in which the members of the system are involved to meet their needs,

make decisions, define goals, and establish rules for themselves and for the system as a whole. Levels of openness of communications and healthiness of interactions represent characterising elements of family's ability to function adequately, associated with positive outcomes at both individual and family levels.

With reference to family relationships, the most recent literature has deepened the understanding of the impact that social media can have on them with specific attention to particular family tasks, challenges and phases of family life. Social media use can specifically be a central issue for families facing adolescence evolutionary tasks, which also refer to adolescents' negotiation of autonomy and independence within the family system and to the significance of peer relationships. Indeed,

given that nowadays, adolescents spend significant amounts of time using social media with a variety of goals, scholars often talk about Generation Media when referring to modern adolescents. This seems to be an increasing trend according to the latest data from the We Are Social report, which states that in world there are 43.31 million Internet users (10% more than in 2017); 34 million (57%) are active social media users (10% more than in 2017), 30 million (51%) do this through their mobile devices (7% more than in 2017); moreover, 53% of US new technology users believe that they offer more risks than opportunities, while 54% state they prefer to use them if it is possible.

Excessive social media use is linked to couples fighting more. One study found that those who are dating people who overshare on social media tend to have lower relationship satisfaction (though positive posts about the relationship itself every now and then seemed to mediate that effect).

Social media has made a massive impact on our lives. Social media has changed our ways of communication and relationships. It also has enormous positive effects on individuals like showing individuals how to make new friends, connect to large groups, discover new hobbies and interests.

Social media has also made it possible to communicate and make friends from different countries and develop relationships. At the same time, social media has adverse effects too. Users of social media are not spending quality time with their partners, families, and friends. Instead, they are hooked on social media to look up what is happening in the lives of others. As a result, social media cause problems in relationships. Also, people are vulnerable to dangers on social media as some users are sharing almost everything about their lives pretty much with everyone, and sometimes social media users are followed by strangers. Those strangers may be targeting those people for their evil aims, and they can easily approach their targets through social media. Therefore, social media users should be careful when they start a conversation or keep interacting with strangers. Also, social media users are

straightforward to manipulate. Most social media users are not checking the source of news or their shared posts, and they believe them easily. People must use the benefits of social media, and they should be aware of harms. Social media has changed and is still changing everyone's life.

Thus, it is evident that the information and communication technologies (ICTs) are profoundly changing the ways in which people behave and relate to each other and creating conflicting perceptions about their impact. As they have become cultural practices embedded in everyday life relationships, their contribution to creating richer and more complex patterns of interactions, including to family life, cannot be ignored; however, whether the effects of these new forms of interactions on the functioning of family systems are positive or negative is still unclear,

even more when considering families with adolescents. Thus, with Facebook and WhatsApp being the most used social media in World, also among relatives, the present study aims at deepening the role that parents' perceptions about the effects of social media on their family system can exert within the functionality of their family, specifically referring to the relationship between collective family efficacy and open communications within family systems with adolescents.

REVIEW OF LITERATURE:

Social Media and Relationships (BUTLER, B., & MATOOK, S. (2015).

In an increasingly digital world, social media systems are deeply embedded in many everyday relationships. The grandmother sees photos of all the activities of her grandchildren and the achievements of, even though the family is scattered all over the world. College student will be rewarded for introducing his roommate to an online site available to programmers. Videos of cats, babies, and famous (and lesser-known 4,444) people are widely seen because they are shared by one person to another. With the release of private messages and 4,444 photos, politicians face a scandal. Members of the project team know the work habits and results of others, so they can collaborate more effectively. Young adults keep in touch with high school friends and make new friends at colleges via email and Facebook. Sales reps carefully monitor who you're connecting to on LinkedIn so you don't get accused of stealing customers from influential relationships, thereby affecting how people work, learn and live. Social Media is a collection of technologies and applications that allow individuals to communicate with each other, exchange information, and share digital artifacts (such as photos and videos) with each other. Or network. The social media systems are very diverse. These include wikis, micro and regular blogs, online social networks for private and professional use, virtual worlds, and online community platforms (Kaplan & Haenlein, 2010). Social media systems can be stand-alone or integrated into larger multipurpose platforms. They can work within a completely single organization, or they can support interactions and sharing outside the context of traditional organizations. Although the nature of the underlying technology and functionality of a particular social system is very different, a common element of all social media systems affects the relationship between users and the affected users. Social media systems all support some form of interaction and information sharing, whether it is explicit interaction based on the exchange of discrete messages among identified individuals (e.g., social networking sites), or indirect interaction that takes place through the construction and discussion of shared artifacts (e.g., wikis and blogs). However, explaining the use and impact of social media systems requires recognition that interpersonal communication is not an isolated mechanical action. How a social media system is used, what information is exchanged, what communication occurs, and how that information sharing affects individuals and their behavior is inevitably shaped by the relationships that individuals have with one another. Social media use and the interactions it supports exist within the context of family relationships, work relationships, collaborations, acquaintance relationships, and friendships. Understanding the full potential, impact, and limitations of social media systems requires an analysis of how they are affected by and affect interpersonal relationships. The social media system is more important than a simple exchange of information because it uses and modifies relationships.

Social Media and Committed Relationships: What Factors Make Our Romantic Relationship Vulnerable?

(Abbasi, I. S. (2019).

Many competing social networking websites (SNS) are gaining popularity among Internet users. SNS, under the umbrella of "Friends," offers new ways to communicate with known and unknown connections. Online communication can quickly become aggressive, as unrestrained users tend to exchange intimate details and foster emotional intimacy with their online friends. Studies support that overuse of social media jealousy, suspicion, surveillance, and infidelity endanger romantic relationships. The use of social media is also associated with less involvement in relationships due to the existence of alternative online attractions and due to the time and emotional investment that takes place outside the bilateral relationship. The current study investigated 252 married and romantic partners (167 women and 85 men) between the ages of 18 and 73 ($M = 28.27$, $SD = 12.02$). We investigated the relationship between the age of participants and SNS addiction, and the total number of SNS accounts. In addition, we investigated whether social media addiction was associated with romantic attachments. Finally, we investigated whether SNS addiction was related to the total number of SNS accounts. The results showed that age had a significantly negative relationship between social media addiction and the total number of accounts. Young participants reported a high level of SNS addiction and a large number of SNS accounts. Social media addiction was also negatively associated with involvement in romantic relationships. Finally, we also reported that people with high levels of SNS addiction have more SNS accounts than people with low levels of SNS addiction. The results of this study are relevant and help counsellors adjust treatment plans based on the age and relationship status of social networking users.

Social media impact our relationship with ourselves (Kerkhof ET al-2011)

Social media do not only impact our relationships with others, they also impact our relationship with ourselves and how we perceive the world around us. Kerkhof et al. (2011) found that compulsive Internet users were lonelier, more depressed, and generally exhibited poorer social skills than noncompulsive Internet users indicating that these negative characteristics were

brought about by their overuse of the Internet. Additional research revealed that overuse of social networking sites significantly affects the lives of adolescents with negative consequences on their personal, psycho-social well-being (Marino, Vieno, Pastore, Albery, Frings, & Spada, 2016). Finally, Seo, Park, Kim, and Park, (2016) claimed that the more problematic mobile phone addiction becomes, the more people will experience decreased self-esteem and emotional well-being. From the aforementioned research, it is clear that our use of social networking sites influences our offline relationships and vice-versa. To further explore the depth to which social networking sites affect our emotions, four psycho-sociological problems will be placed under scrutiny.

FOMO (Lai, Altavilla, Ronconi, and Aceto-2016)

In a study conducted by Lai, Altavilla, Ronconi, and Aceto (2016), an EEG brain scanner was used to detect the parts of the brain that were illuminated when the participant was exposed to certain images. In this study they examined FOMO (Fear of missing out), social inclusive experiences, and social exclusive experiences. Their findings showed that those with higher FOMO ratings were more aware of the state of mind of others involved in positive social interactions and they showed a higher need for self-approval which could be the reason why people keep returning to social media (Lai et al., 2016). Closely related to FOMO is anxiety which manifests itself frequently in the lives of those who use social media and experience FOMO. Sought to explore when anxiety manifested itself in the lives of college students who were separated from their cell phones. After collecting reasons each participant used their cell phone and acquiring data for how long each participant uses their cell phone for the activities they mentioned, the researchers found that the average amount of time each college student spent on their phone each day was 13 hours and the top listed reasons for their use, in order from most used to least used, were as follows: texting, listening to music, visiting websites, talking on the phone, using email, watching TV/movies, playing games, and reading books. The amount of time for each activity was averaged together and divided into three categories of low daily usage (1-7 hours), moderate daily usage (7.5-16.5 hours), and high daily usage (17-64.5 hours).

Interpersonal Relationships in a Digital Age (Chotpitayasunondh and Douglas (2016)

Interpersonal Relationships in a Digital Age Interpersonal relationships are relationships that take place between two or more people and can include both online (thanks to the Internet) and offline interactions. Although important and worth the time to explore, the present study does not examine online relationships in depth. Rather, this study is interested in understanding how individuals use the Internet, in particular social media, and to what extent it affects their offline interpersonal relationships. Some research suggests that social media are already changing the way that we interact with each other offline. Chotpitayasunondh and Douglas (2016) coined a new term known as “phubbing” which represents “the act of snubbing someone in a social setting by concentrating on one’s phone instead of talking to the person directly” (p. 10). They found that this “phubbing” behavior was growing increasingly more commonplace and acceptable and that people were beginning to see this once-thought-of-as-rude behavior as normal. The extent to which people would phub others was directly related to their level of smartphone addiction. As the proclivity of cell phone use increases, the likelihood of phubbing occurring more frequently will also increase leading to a more permanent change in the way we interact with each other.

The Impact of Social Media on Children, Adolescents, and Families (Gwenn Schurgin O’Keeffe, Kathleen Clarke-Pearson and Council on Communications and Media)

Social media has been a substantial part of the life of children and young adults of today’s era. Constant use of these platforms have resulted in enhancement of skills like by enhancing communication, social connection, and even technical skills. According to their recent study 22% of the teenagers log into their favourite social networking sites at least 10 times a day. And according to their study “Seventy-five percent of teenagers now own cell phones, and 25% use them for social media, 54% use them for texting, and 24% use them for instant messaging. Thus, a large part of this generation’s social and emotional development is occurring while on the Internet and on cell phones” Because of their limited ability for self-regulation and easy susceptibility to their surroundings, these children are often exposed to many social media hazards such as cyberbullying, exposure to inappropriate content and sometimes even unsafe sexting. Other problems that merit awareness include Internet addiction and concurrent sleep deprivation.

Parents today are equally relied on social media and often lack to understand that online life is just a small extension of the offline life, this often results to a huge knowledge and technical gap which brings a substantial difference between generations.

There are some specific ways in which paediatricians can assist parents:

1. They should advise parents to have a personal talk with their children and educate them about various positives and negatives of social media
2. Have a discussion with your family about various family online-use plans which involve family meetings to discuss and check privacy settings and online profiles which include inappropriate posts.
3. Discussing with adults the importance of supervising online activities and active participation and communication.

The Impact of Social Media on College Students (Jeanna Mastrodicasa & Paul Metellus)

The impact of social media can be in numerous ways both good and bad. The amount of exposure and usage of social media for various college work needs to be monitored by the college administration closely. Understanding the sheer volume of time and various types of activities is important. Researchers have found that the use of social media is not an issue with young adults, but the issues the amount being used and the reasons it is been used for. College administration should start with basic advice of Heiberger and Harper [2008] “Learn to use various electronic media in positive ways; to stay connected to college social networks, help student feel safe, promote various events and various researches” College administration need to closely look into the amount of work load given to students that has social media and internet involved in it

Blurred boundaries between online and offline relationship’s((Hertlein-2012)

Hertlein (2012) noted that the Internet provides increasingly blurred boundaries between online and offline relationships. In a study seeking to understand the role of technology in changing family relationships, Hertlein (2012) found that the rules of interaction with online peers had several negative effects on daily life such as compromising the function of offline relationships, detracting from job performance, and increasing the potential for Internet addictions. Coinciding with these findings, Abbasi and Alghamdi (2017) found that misusing Facebook can lead to negative societal consequences such as social isolation, distrust in relationships, infidelity, lack of social cohesion, Facebook addiction, and divorce

The Impact of Social Media on Intercultural Adaptation Rebecca Sawyer University of Rhode Island Guo-Ming Chen University of Rhode Island, gmchen@uri.edu

The research talks about how social media has gained increasing popularity amongst today’s globalising and glamorising society. Social media provides a context and a platform for people around the world to exchange ideas, knowledge, and interact with each other regardless the distance that separate them. The paper talks about Intercultural adaptation which we quote is “the process of promoting understanding through interaction to increase the level of fitness so that the demands of a new cultural environment can be met.” The research also shows how people are to be more integrated into the host culture while their adaptation and also to maintain connections with their home countries. This paper attempts to investigate the impact of using social media on the intercultural adaptation process

Sarah Nichole Koehler, Bobbie Rose Parrell

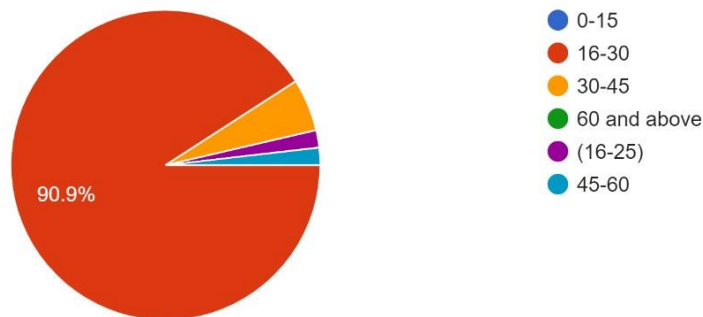
Although there are many studies about the effect of social media on mental health, it is limited regarding the specific actions mental health practitioners should take in response to increased mental health symptoms related to social media use. Their research study made a significant contribution to the everyone as they explored an under-researched area. The main discovery of this research was the correlation between an agency’s values and integration of social media content in assessment and treatment planning. Moreover, their paper contributes to the significance of mental health practitioners staying current and proactive in expanding their knowledge about the systems that impact an individual’s well-being, such as technological advances like social media. This research brings awareness to the significance of including questions and exploration of social media use on assessment forms and in mental health treatment.

DATA ANALYSIS AND INTERPRETATION:

1. According to the survey reports the below mentioned research shows which age group shows the effect of social media in their life

According to the survey, the age group of 16-30 years old may have higher effect of social media compared to other age groups of including those between the ages of 30 and above. However, it is important to note that social media can affect people of all ages the prevalence social media usage can vary depending on the population and specific age of people.

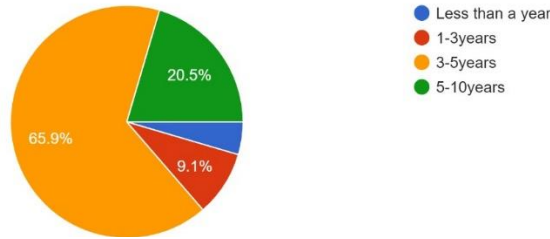
Age
55 responses



2. The survey showing that how long people have been using social networking sites

According to the survey shown in last 10 years people believe that how long they have been using social sites where 65.9% are using from past(3-5years), 20.5% are using from(5-10years)and 9.1% are using from(1-3years).

How long have you been using social networking sites?
44 responses



4. Do you think people would quit social media for a healthy relationship

According to the survey of 55 responses 66.7% majority of people says they would quit social media to make there relationship work where 16.7% people are dicey and where 11.1% don't want to quit.

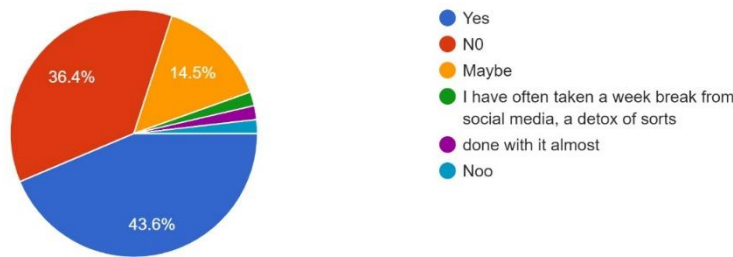
If you had to quit social media for a healthy relationship, would you?
54 responses



5. Have you ever wanted to quit social media but hesitant to

According to the survey 43.6% of people have thought about quitting but were hesitant and where 36.4% are managing there personal life without quitiing it 14.5% have mix thoughts about quitting it.

Have you ever wanted to quit social media but were hesitant to?
55 responses



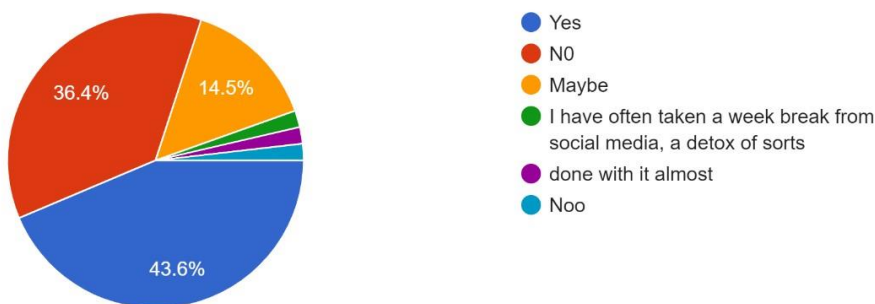
6. The most social media apps use by the people?

According to survey,among 43.6 % of the respondent thought of quitting social media

but they were hesitant to do so,36.4% responded they would not like to quit , 14.5% responded maybe they can quit social media. Here by seeing overall responses we can say its not easy to quit socialmedia.

Have you ever wanted to quit social media but were hesitant to?

55 responses

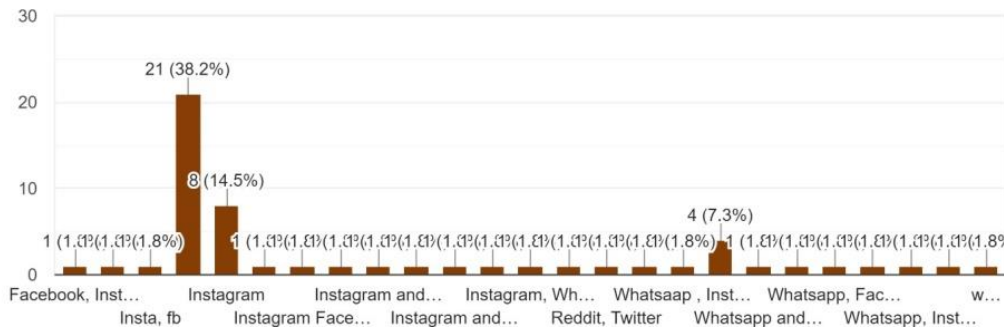


7. The survey shows social medias used by our respondents?

According to survey,among 38.3% of the respondent use facebook ,14.5% of respondent use instagram, and remaining use other apps ,here by seeing we can say that respondent mainy use facebook and instagram and very little respondent use oyerher apps.

Which Social media apps do you use the most?

55 responses

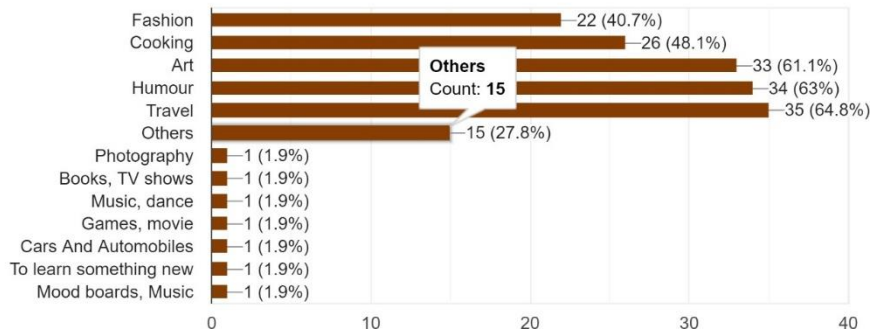


8.The survey showing the type of pf content our respondent usually follow

According to survey,among majority respondent are into content based on travel which is 64.8%,and some are in humor which is 63% etc and many more so we ,can see that they have well diversified pf content .

What kind of content do you usually like to follow on social media?

54 responses



9. The survey showing the mental health issues caused due to social media

According to survey,45.5% of our respondent have suffered with mental health issues due to social media, we have 25.5 %who have not faced with mental health issues, we can say that its mainly based on human psychology

Mental health issues caused due to social media

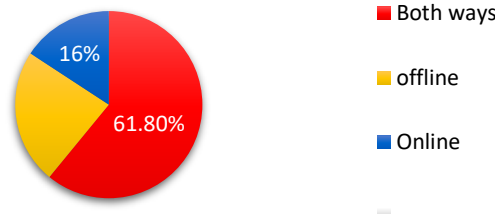
55 responses



10.The survey showing the comfort level of our respondent with online and offline communication

According to survey ,61.8% of the respondent are comfortable both the ways while 23.6% are comfortable offline. So its mainly based on there mindset and view.

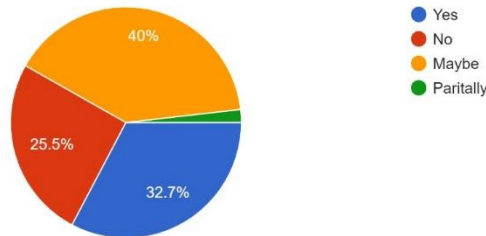
Showing comfort level of communication online and offline
55responses



11.The survey showing the impact on relationship of our respondents due to social media

According to survey , 40% are not sure if social media have effected their relationships or not while we have 33,7% very certain that it has and it was a no for 25.5 % , we can say that its depends on our relationship bond with other party.

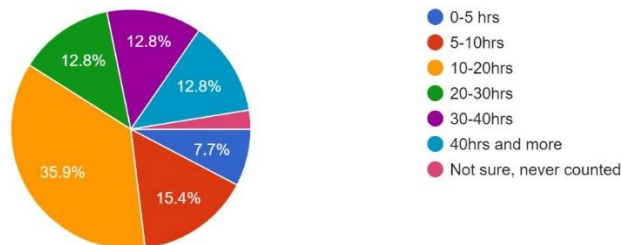
Do you think your real-life relationships are affected due to more engagement in social media?
55 responses



12.The survey showing the hours spent by our respondents per week on social media

According to survey,35.9% of the resopondents use it for nearly 10-20 hrsa day while 15.4 % used it for 5-10hrs ,its mainly based on there work and there profession and there responsibility if there are student that use more.

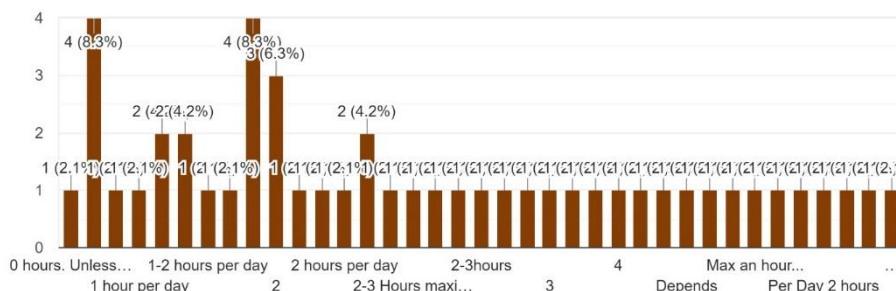
Approximately, how many hours a week do you spend on social networking sites?
39 responses



13. The survey shos the amount of time our respondents think kids should spend online

According to the graph people think that 1-2 hrs a day kids should spend online and above 2hrs people think kids should not spend their time online and where respondents says unless there is any important work kids not spend their time online.

How long do you think kids should use social media? (Hrs)
48 responses

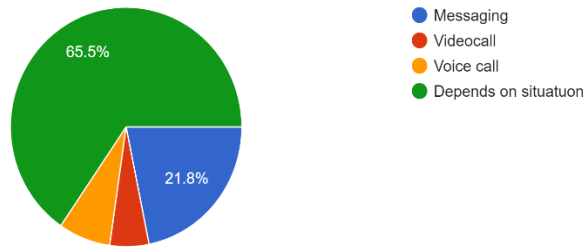


14. The use of social media in people relationship

According to survey majority of people (65.6%)says it depends on situation and where 21.8% says they use through and others says through videocall and voice call.

How do you use social media in your relationship?

55 responses

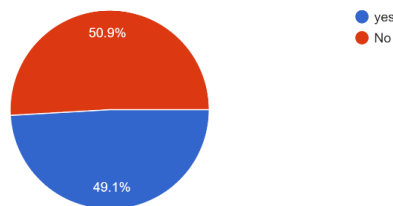


15. Do you think people would switch to a social media platform which comes with fixed screen time

According to the responses 50.9% of people are against to switch a platform with fixed screen time and 49.1% would switch to the platform where I feel there should be a switch platform where people would spend there more time with there closed ones.

Would you switch to a social media platform which comes with fixed screen time for a day

55 responses

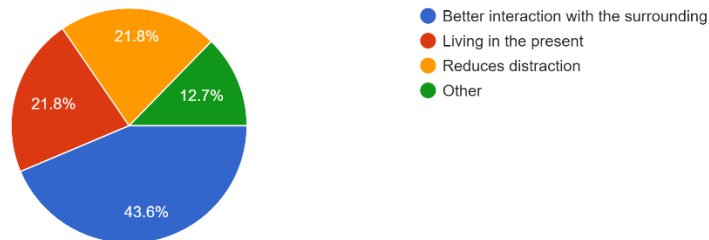


16. Do you think taking break from social media would improve there realltionships

According to the survey 43.6% people says by better interaction with surrounding and where 21.8% says that living in the present would help them and 21.8% says that it reduces distraction.12.7% have other reasons.

How do you think taking a break from social media would improve the relationship?

55 responses

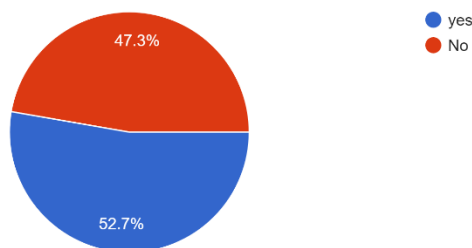


17. Do you think social media would affect the relationship

According to the survey 52.7% of people agree that social media effects there personal space and 47.3% says social media does not affect there personal life.

Do you think using social media doesn't affect your relationship?

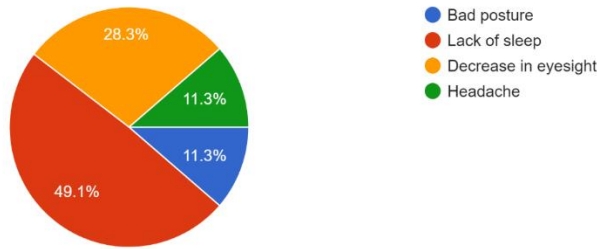
55 responses



18. Do you think the of social media affect there health

According to the survey population says 49.1% are sleep deprived and where 28.3% says it decreases their eyesight, 11.3% says it leads to bad posture and 11.3% says it leads to headache and I think through excess use it will affect the mental health also.

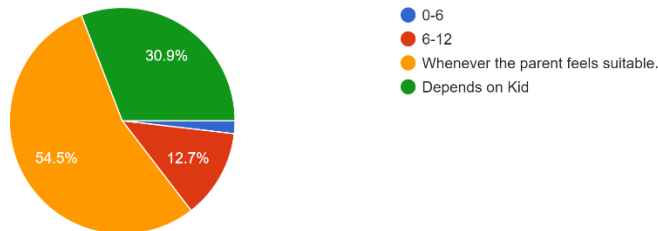
How do you think health is affected by social media
53 responses



19. At what age kids should have their social media account

According to the survey 54.5% of people say whenever the parent feels suitable, 30.9% say it depends on the kid, and 12.7% say from the 6-12 age group they should have a social media account. I feel that after 18 they are independent and mature enough so that they can handle and understand.

What age is relevant for kids to have social media account?
55 responses



Summary

The primary purpose of this study was to determine if a relationship existed between excessive social media use and the overall emotional well-being of that individual as well as the quality of the individual's interpersonal relationships. A mixed-methods survey was distributed and a sample size of 55 participants completed the survey. The quantitative results were analyzed using Google Forms and the qualitative responses were coded into categories.

The results revealed that the more time an individual spent on social media the more the quality of their relationships decreased. This supports findings by Kerkhof et al. (2011) who also found that those with high compulsive Internet use experienced decreased offline relationship quality. Results revealed that the number of times a user accessed social media, or the frequency, did not play a significant role in altering their relationships. This is somewhat surprising considering that the majority of the participants (70.3%) responded that they accessed social media more than three times each day. These findings also support Hertlein (2012) who found that interaction with online peers contributed to compromising the function of offline relationships and increased the potential for Internet addictions. To summarize, a person may access social media several times each day to respond to messages, check notifications, or even lightly browse their feed, but their frequency of use is not as important as how long they spend using social media which serves as a much more influential factor in altering their thoughts that eventually lead to a change in the way they interact with others. In spite of this, it is possible that frequently accessing social media, even for short periods of time, disrupt the free flow of thought that leads to deeper thoughts and personal awareness. One participant remarked on this thought by saying, "social media takes away from critical time to be alone with oneself and not being distracted by something. I think social media usage results in a mental health decline not because it results in a feeling of being left out from seeing what everyone else is up to, but because people feel the need to be entertained constantly and don't know how to be by themselves anymore." The secondary purpose of this study was to determine if the relationship between time spent on social media and the quality of the interpersonal relationships could be mediated by the emotional well-being of the individual using social media. Conclusive results from H3a revealed that emotional well-being did indeed serve as a mediator for time spent on social media and the quality of that user's interpersonal relationships. To summarize, there is a direct inverse link between time spent on social media and emotional well-being as well as relationship quality separately. Also, when emotional well-being is introduced as the mediator, the direct relationship between time and relationship quality disappears and a new link forms between time on social media and relationship quality through emotional well-being and it turns into an indirect inverse relationship. Expressed in simple terms, when a person spends excessive amounts of time on social media they likely experience decreased emotional well-being, which contributes to them experiencing decreased quality in their relationships. The results from mean that when a person uses social media for long periods of time their emotions are negatively impacted. After the person is done using social media they carry their negative emotions with them and they play a role in how the user interacts with others offline. This interaction is not always negative, but

the quality of that interaction is less than it could have been because the negative emotions the user brought with them from their social media use impacted that interaction.

Suggestions

- The research shows the impact of social media on people
- It suggests the positives and negatives of social media and how one can overcome it

CONCLUSION:

This study has dealt with how the use of social media impacts the emotional well-being of the user and their offline interpersonal relationships. As social beings, it is natural for us to want to connect with those around us and social media has certainly made it easier to do so. However, as has been shown in this study, social media is not without its pitfalls. Backed by quantitative data, the qualitative findings in this study provide compelling evidence that social media use offers more negative consequences than benefits. The data imply that unless some appropriate actions are taken to be more aware of how our social media use impacts us and what we can do to resolve those issues then we will likely develop negative habits and further plunge ourselves into a state of deeper emotional distress by passively allowing our health and relationships to deteriorate.

This study confirms prior research on uses and gratifications theory, social media effects, and relationship problems, but also offers additional data that perhaps takes past research beyond previous limits to showcase that social media play a role in creating addictive behaviors. It is highly possible that social media are creating a society of addicts. The question that each social media needs to ask themselves is how do we know if our social media use is too much, or if it has become an addiction for us? This may require taking a break from social media for a short while and taking inventory of our lives in order to better see what needs social media has been gratifying and then to make the choice of either continuing to use social media to fill those needs to or to find alternative sources of gratification that are more lasting.

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