

# IMPACT OF SOCIAL MEDIA ADDICTION ON ANXIETY AND THE POTENTIAL FOR A SOCIAL HEALTH CRISIS AMONG ADOLESCENTS

**Pragati Kapoor**

Research Scholar

Department of Management  
Chitkara University, Rajpura, Punjab

**DECLARATION:** I AS AN AUTHOR OF THIS PAPER /ARTICLE, HERE BY DECLARE THAT THE PAPER SUBMITTED BY ME FOR PUBLICATION IN THE JOURNAL IS COMPLETELY MY OWN GENUINE PAPER. IF ANY ISSUE REGARDING COPYRIGHT/PATENT/OTHER REAL AUTHOR ARISES, THE PUBLISHER WILL NOT BE LEGALLY RESPONSIBLE. IF ANY OF SUCH MATTERS OCCUR PUBLISHER MAY REMOVE MY CONTENT FROM THE JOURNAL WEBSITE. FOR THE REASON OF CONTENT AMENDMENT /OR ANY TECHNICAL ISSUE WITH NO VISIBILITY ON WEBSITE /UPDATES, I HAVE RESUBMITTED THIS PAPER FOR THE PUBLICATION.FOR ANY PUBLICATION MATTERS OR ANY INFORMATION INTENTIONALLY HIDDEN BY ME OR OTHERWISE, I SHALL BE LEGALLY RESPONSIBLE. (COMPLETE DECLARATION OF THE AUTHOR AT THE LAST PAGE OF THIS PAPER/ARTICLE

## ABSTRACT

*The widespread usage of social media by teenagers has an impact on their emotional health, particularly in relation to anxiety and the possibility of a more serious social health issue. The goal of this investigation was to analyse the connection between teenage social health mishaps and social media addiction and anxiety. This analysis approach has a cross-sectional plan and is quantitatively informative. Out of all the pupils in the Delhi - NCR district of India who attend Delhi State-funded schools, 60 of them took the examination. In this investigation, the Separated Random Testing approach is used for the information recovery process. Research has been conducted on social media addiction, anxiety, and the risk of social health disasters. Data were analyzed using SPSS 21 and the Spearman Ranking Test, which is a digitally verified test. According to the results, the average value of the age variable is 14.93, anxiety level is 15.48, risk of social and health disasters is 68.99 and social network addiction value is 61.40. According to the results of controlled experiments designed to test the hypothesis, anxiety in adolescents, social media addiction, and risk factors for social health emergencies no significant association. At the finish of this examination, it was found that utilizing social media can have both useful and terrible outcomes. It is felt that outside factors have an effect on anxiety and the gamble of social health emergencies.*

**Keywords:** Social Media Addiction, Anxiety, Potential, Social Health Crisis, Adolescents

## 1. INTRODUCTION

Social networking has become an essential part of daily life in the digital age, particularly for teenagers. Although these platforms provide many benefits, such as improved communication, social system management, and data access, they also pose significant risks [1]. Social media addiction, a disorder characterised by excessive and compulsive usage of social media platforms, is one of the most pressing issues [2]. Teens' elevated levels of worry are gradually linked to this addiction, raising the possibility of a social health emergency.

A mind-boggling drive to share content, a consistent interaction with online contacts, and an obsessive need to actually look at warnings are just a few of the behaviours that indicate social media addiction [3]. This impulsive use can undermine sleep plans, disrupt daily routines, and reduce active labour, all of which contribute to the decline of psychological wellbeing [4]. Teenagers are particularly helpless because the habit-forming aspects of social media can more easily penetrate their developing brains [5]. Regularly being receptive to well-organized pictures and gifts might provoke irrational questions, which can breed severe insecurities and low self-esteem, two major causes of anxiety.

Social media platforms' design, which includes features like likes, comments, and offers, creates a reward system that encourages addiction [6]. Like betting, the intermittent support strategy keeps users interested by creating a pattern of expectation and reward that is difficult to break [7]. This continuous involvement affects social skills and mental health; as eye-to-eye communication decreases, feelings of social isolation and hopelessness grow. Cyberbullying can also be sparked by the instantaneous and frequently unknown nature of online relationships, which increases teenage anxiety levels even more [8].

Given the prevalence of social media addiction and the accompanying rise in anxiety symptoms, there is a significant risk of a social health catastrophe [9]. An increase in emotional health problems among teenagers, such as anxiety disorders, depression, and even thoughts of self-destruction, characterises this crisis [10]. The detailed recommendations have a significant impact on academic performance, interpersonal interactions, and overall personal happiness. A multifaceted strategy involving parents, educators, legislators, and the tech industry is needed to address this problem and create a more stable and safer online environment [11].

While social media offers several advantages, its habit-forming nature and the accompanying worry among adolescents represent a severe hazard to their emotional well-being [12]. Recognising and addressing this problem is essential to preventing a widespread social health disaster and ensuring people's future wellbeing [13]. There should be concerted efforts to educate teenagers about the risks, promote better usage patterns, and develop strategies to mitigate the negative effects of social media addiction [14].

## 2. LITERATURE REVIEW

**Ciacchini et al. (2023)** oversaw a correlational review to look into the connection between adolescent behaviour and social media addiction [15]. Their research revealed strong correlations between teenagers' excessive usage of social media and habit-forming behaviours. The analysis emphasises how important it is to recognise and treat social media addiction as a risk factor for adverse outcomes in this vulnerable population.

**Dražević et al. (2023)** centred on how teens' and students' emotional health was affected by social media use, particularly during the coronavirus pandemic [16]. Their analysis sheds light on how increasing social media use during times of heightened stress and vulnerability can exacerbate mental health problems like anxiety and depression. The review highlights the need for designated mediators and emotionally supportive networks in order to mitigate the negative effects of excessive use of social media on the mental health of young adults.

**Enez Darcin et al. (2016)** examined the connection between teenage sadness, social anxiety, and cell phone addiction [17]. Their investigation revealed a strong link between elevated levels of social anxiety and depression and cell phone addiction. The review emphasises the negative effects that excessive cell phone use may have on young people's social work and psychological health.

**Hou et al. (2019)** provide an in-depth analysis of social media addiction, elucidating its impact, mediating mechanisms, and potential avenues for intervention [18]. Their study explores the complex factors underlying social media addiction, including the role of multiple mediating characteristics such as trust, social support, and psychological well-being. In addition, the authors propose innovative intervention strategies to treat social media addiction and mitigate its adverse effects on people's mental and physical health. This study adds important new

information to the ongoing debate about social media addiction and highlights the need for evidence-based interventions to promote positive digital behaviours.

**Isparmo's (2016)** research gives significant exact information on web usage patterns in India, offering insights into the commonness and examples of online conduct in the locale [19]. By dissecting information from the APJII Web User Review, Isparmo reveals insight into the segment attributes and online exercises of web users in India. This study fills in as a basic asset for understanding the digital landscape in India and illuminates endeavors to address the difficulties and opportunities related with web usage in the district.

**Jafri and Ovari (2015)** present an impressive viewpoint by examining the role that socialisation and excitement have in the development of preschoolers between the ages of 36 and 47 months [20]. Their review emphasises how important socialisation experiences are in shaping children's mental, social, and significant development in the foundational early years. Jafri and Ovari provide significant insights into the subject of youth training by elucidating the connection between socialisation feelings and formative results. They also highlight the significance of promoting positive social associations in the lives of young children.

### 3. RESEARCH METHOD

This study focuses on the dynamics of social media addiction, anxiety, and the risk of social health disasters through quantitative research using comparable scientific research processes and cross-sectional design. This exam is conducted at a state-funded school in Delhi, NCR. Started in May 2021, this test was completed in August 2021. 100 children of Classes VII, VIII and IX supported by the Delhi government were part of the study population. 60 students who are customers of social networks (according to Slovin conditions) were evaluated for this survey, considering the accompanying rules: 4,444 1) Students from grades VII to IX (from 13 to 16 years old); 2) Willingness to become a defendant; and 3) Student present during driving investigation. Two escape systems include: 1) Exhausted students do not come to class; and 2) The student leaves the review meeting. The Defined Random Testing strategy was employed in this review's examination method, which began with randomised classes to take age level portrayals and restrict predilection as a result. After that, carry out simple random testing using the list of understudies' names that were selected to get the test agents.

The components of this study were social media addiction, namely dependence behaviour as observed from the following aspects: exceptional quality, shift in mindset, tolerance, symptoms of withdrawal, struggle, and relapse. Anxiety is influenced by many different factors, including the risk of physiological, mental, basic, profound and social disasters, which is reflected in adolescents' close connection with each other in social environments at home, at play, and at school.

The officials in charge of the examination area have approved this investigation. The officials in charge of the exploration area have approved this investigation. In addition to being guided, this investigation adheres to the exploratory moral standards of autonomy, anonymity, helpfulness, truthfulness, equity, and informed consent.

#### 4. RESULTS

Male respondents made up 57% of the study's sample, while female respondents made up 43%. Table 1 mainly shows that age, social media addiction, anxiety and the risk of social health disasters are often not considered (P value <0.05) Anxiety, age-related issues (mean=14.93), social media addiction (mean=61.40), and the risk of social health disasters (mean=15.48).

**Table 1:** Age, social media addiction, worry, and the likelihood of a societal health catastrophe are distributed along a trend centre.

Variable	Minimum	Maximum	Mean	Median	Std Dev	Normality Test*
Age	12.02	17.02	14.93	15.02	2.05	0.001
Social Media Addiction	19.03	87.02	61.40	66.02	18.14	0.003
Anxiety	7.03	25.02	15.48	15.02	4.16	0.001
Risk of Social Health Disaster	46.02	101.02	68.99	67.02	11.52	0.004

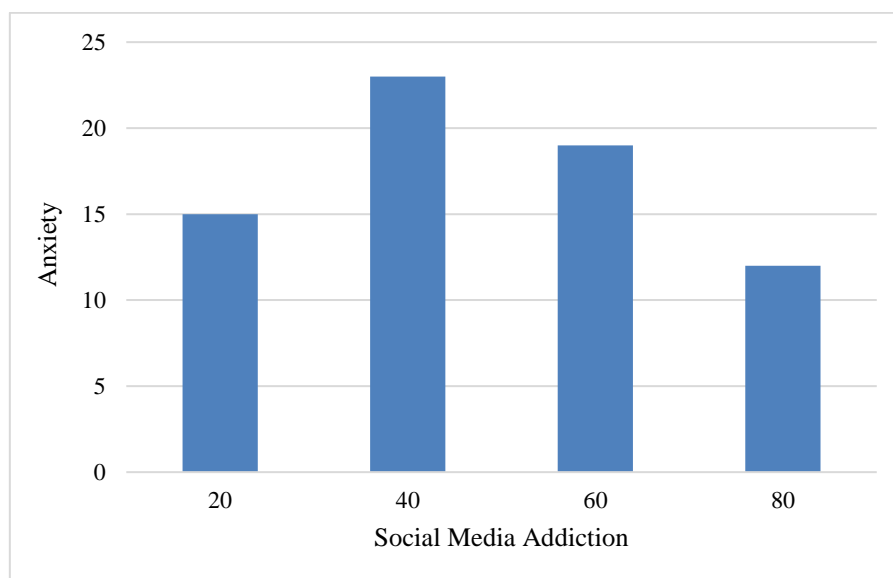
Table 2 obviously shows that there is no huge connection between's the gamble of social health disasters, anxiety, and social media addiction (P value> 0.05). This proposes that anxiety disorders or the gamble of social health debacles are inconsequential to social media addiction.

The determined r-regard has a negative worth (-). This recommends that various headings happen between various factors. Anxiety or the gamble of social health incidents are less significant the more dependent one is to social media.

**Table 2:** Relationship and P-value between anxiety, social media addiction and social health emergency risk.

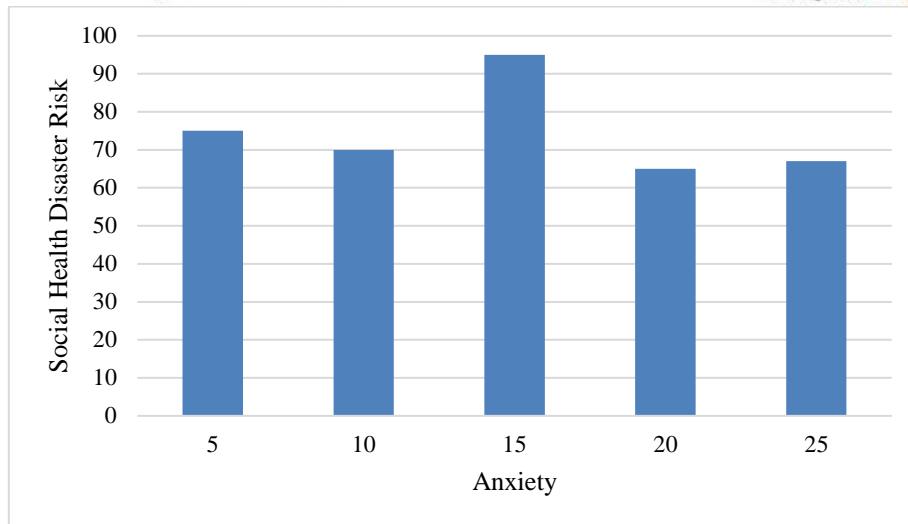
Between Variables	Social Media Addiction	Anxiety	Risk of Social Health Disaster
Social Media Addiction	-	-0.040 (0.744)	-0.100 (0.394)
Anxiety	-0.040 (0.744)	-	-0.019 (0.882)
Risk of Social Health Disaster	-0.100 (0.394)	-0.019 (0.882)	-

The dispersion chart's focuses are evenly distributed and don't create any particular fancy line, as can be seen in Figure 1. This demonstrates that there is no correlation between social media addiction and anxiety-related traits related to health.



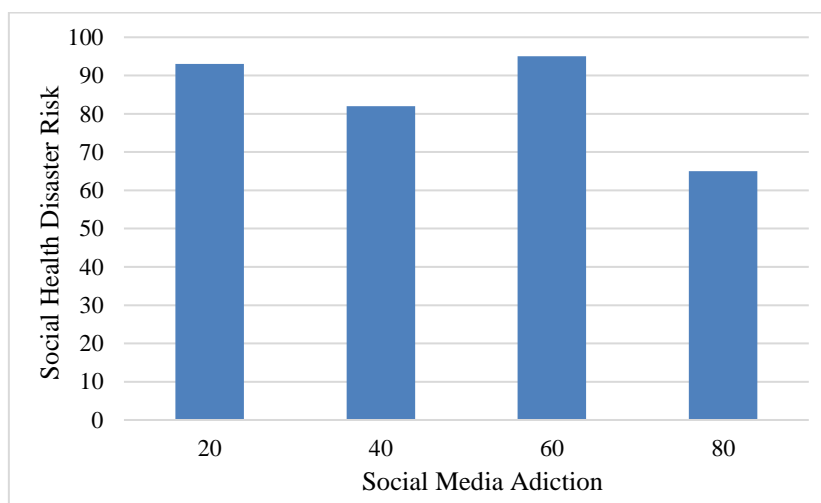
**Figure 1:** Anxiety and Social Media Addiction Diagram

The foci of the scatter plot are not clustered around any one line in Figure 2, and their distribution is rather uniform. In other words, the characteristics of anxiety variables do not correlate with the risk of social health problems.



**Figure 2:** Anxiety and the Risk of a Social Health Disaster

It is very conceivable to see in Figure 3 that the disperse chart's foci are disseminated reasonably and don't frame a specific, non-existent line. This exhibits that there is no connection between's social media addiction and hazard factors for social health emergencies.



**Figure 3:** Diagram Showing the Relationship Between Social Media Addiction Factors and the Chance of Social Health Crisis

## 5. DISCUSSIONS

The audit tracked down no huge connection between social media addiction, anxiety, and chance factors for social health calamities, demonstrating that social media addiction doesn't

totally make sense of the relationship among anxiety and the probability of social health catastrophes. Addiction, anxiety, and health disorders in social correspondences are bound to happen in those with higher scores on social media addiction, anxiety, and chance of social health risk factors.

Teenagers who have access to social media don't always experience negativity because it gives them the ability to obtain information more quickly, establish communication with people all over the world, and attract attention. However, there are still negative effects of social media use, such as teens becoming overly content with accurate information, a lack of socialisation due to their preference for gaming technologies, and habit-forming effects.

Web usage is widely recognised due to its ability to provide data that transcends geographical boundaries. Three interest-related components are necessary for web use: Correspondence (conveying), Exchange (exchanging of trading), Relaxation/fun exercises (acquiring delight), and Data Utility (gathering data).

Teenagers are prone to heavy, moderate, and light addictions; the most popular social networking platforms are Instagram, YouTube, Gmail, and Twitter. When elements of social media addiction include being preoccupied with using the platform, escaping reality or experiencing feelings of euphoria, continuing to use social media without moderation, and exhibiting signs of anxiety, depression, or irritability, these behaviours can be classified as dependent conduct on social media.

For some who are dependent on social media, dopamine—a synthetic chemical in the body that stimulates feelings of love, happiness, calm, and other emotions—can induce stress and worry. This may lead to problems with behaviour in social situations, at school, at home, or even in criminal activities such as defamation, lying, kidnapping, and misrepresentation.

Addiction to social media does not always result in health problems, anxiety, or addiction to social media among teenagers. Anxiety manifests as behavioural patterns, intense emotions, mental health issues, and physical manifestations. These developments may lead to social problems, increasing the likelihood of social health disasters in rural areas.

The pinnacle of juvenile character development is reached at the inner self-personality development, which impacts self-acknowledgment and the ability to function properly in public. According to Erikson, teenagers' psychological development occurs during the stage of



character versus job disorder. Teenagers' responses to their social environment shape their individual character types, and these interactions continue as they move through life.

Events that change your life can influence puberty and determine how you live in the years that follow. Social health difficulties in teenagers who are not effectively kept up with might inspire social struggle that damages the lives and livelihoods of the local region. Social health disasters involving young adults are behaviour problems that impact social health due to the problem of social association with their present situation. Teenagers see social control as a set of opportunity norms, but individualistic social connections make it incredibly flexible. Maintaining good health is enhanced by social collaboration with family and friends, since it is viewed as a shared responsibility among individuals and groups in adolescent endeavours to address problems and achieve goals.

Adolescents' social surroundings incorporate organizations, companions, and schools, where a significant number of them partake in different exercises and lay out social securities with their friends. The issue of social participation is the need, overabundance, or inadequacy of social trades in youth, as proven by social distress, broken relationships, reports from relatives about changed styles or association designs, powerlessness to impart a brilliant feeling of social connectedness, and utilization of incapable social correspondence procedures.

## **6. CONCLUSION**

Adolescent social media addiction poses a significant risk of hastening a social health catastrophe and substantially increases anxiety. A pattern of negative self-correlation and social segregation is fostered by avid usage of social media platforms, which is detrimental to psychological wellbeing. Teens, who are still going through a lot of formative years, are particularly vulnerable to the negative effects of social media addiction, which include increased worry, lowered self-esteem, and disturbed sleep. The survey makes the supposition that there is a sorry connection between teenage social media addiction, anxiety, and the gamble of social health calamities. All things being equal, it proposes that social media access can have both positive and adverse consequences, and that anxiety and social health disaster bets are probable influenced by outside factors. It is recommended that educational establishments employ social media platforms to facilitate understudy collaboration and mitigate any unfavourable outcomes. Subsequent research should look into many elements

associated with social media addiction as well as elements contributing to anxiety and social health risks. Additionally, the review's findings can help general health medical attendants understand how to prevent social media addiction, anxiety, and social health communication disorders.

## REFERENCES

1. Arslan, G., Yildirim, M., & Zangeneh, M. (2021). *Coronavirus anxiety and psychological adjustment in college students: Exploring the role of college belongingness and social media addiction. International journal of mental health and addiction, 1-14.*
2. Boursier, V., Gioia, F., Musetti, A., & Schimmenti, A. (2020). *Facing loneliness and anxiety during the COVID-19 isolation: the role of excessive social media use in a sample of Italian adults. Frontiers in psychiatry, 11, 586222.*
3. Cauberghe, V., Van Wesenbeeck, I., De Jans, S., Hudders, L., & Ponnet, K. (2021). *How adolescents use social media to cope with feelings of loneliness and anxiety during COVID-19 lockdown. Cyberpsychology, behavior, and social networking, 24(4), 250-257.*
4. Keles, B., McCrae, N., & Grealish, A. (2020). *A systematic review: the influence of social media on depression, anxiety and psychological distress in adolescents. International journal of adolescence and youth, 25(1), 79-93.*
5. Mark, G., Iqbal, S., Czerwinski, M., & Johns, P. (2014, February). *Capturing the mood: facebook and face-to-face encounters in the workplace. In Proceedings of the 17th ACM conference on Computer supported cooperative work & social computing (pp. 1082-1094). ACM.*
6. Muflih, Hamzah, & Puniawan, W.A. (2017). *Penggunaan Smartphone Dan Interaksi Sosial Pada Remaja di SMA Negeri I Kalasan Sleman Delhi - NCR. Idea Nursing Journal, 8(1), 12-18.*
7. O'reilly, M., Dogra, N., Whiteman, N., Hughes, J., Eruyar, S., & Reilly, P. (2018). *Is social media bad for mental health and wellbeing? Exploring the perspectives of adolescents. Clinical child psychology and psychiatry, 23(4), 601-613.*
8. Pantic, I. (2014). *Online social networking and mental health. Cyberpsychology, Behavior, and Social Networking, 17(10), 652-657.*

9. Prayoga, D.H., Nursalam, & Has, E.M.M. (2016). *Parent Nurture Model in Shaping Behavior of Adolescence 12–15 Ages. Jurnal INJEC Vol. 1 No. 2 Desember 2016: 155–164*
10. Rodiyah & Praningsih, S. (2015). *The Provison Of Orientation to The Anxiety Levels of The New Patient at The Ponok (Obgyn) General Hospital Jombang. Jurnal INJEC Vol. 2 No. 1 April 2015: 88–91*
11. Siswatibudi, H., Paramastri, D. D. I., & Lazuardi, D. L. (2016). *Facebook Messenger Sebagai Media Promosi Kesehatan Reproduksi Remaja Studi Di Smp Muhammadiyah Depok Sleman Delhi - NCR. Doctoral dissertation. Delhi - NCR: Universitas Gadjah Mada.*
12. Sulistiowati, N.M.D., Septiadi, W.N., & Nopriani, L.P. (2017). *Anxiety Level Analysis Of Nursing Student Who Took Objective Structured Clinical Examination (Osce) Using Face Temperature Distribution Based On Thermal Imaging. Jurnal INJEC, Vol. 2 No.1 Juni 2017: 44-46.*
13. Tsitsika, A., Janikian, M., Schoenmakers, T. M., Tzavela, E. C., Olafsson, K., Wójcik, S., ... & Richardson, C. (2014). *Internet addictive behavior in adolescence: a cross-sectional study in seven European countries. Cyberpsychology, behavior, and social networking, 17(8), 528-535.*
14. Wangi, K.Y.W., Istianah, & Alviani, N. (2015). *Over Protective Parenting with Adolescents Coping Strategies. Jurnal INJEC Vol. 2 No. 2 Oktober 2015: 217–222.*
15. Ciacchini, R., Orrù, G., Cucurnia, E., Sabbatini, S., Scafuto, F., Lazzarelli, A., ... & Conversano, C. (2023). *Social Media in Adolescents: a retrospective correlational study on addiction. Children, 10(2), 278.*
16. Draženović, M., Vukušić Rukavina, T., & Machala Poplašen, L. (2023). *Impact of social media use on mental health within adolescent and student populations during COVID-19 pandemic. International Journal of Environmental Research and Public Health, 20(4), 3392.*
17. Enez Darcin, A., Kose, S., Noyan, C. O., Nurmedov, S., Yilmaz, O., & Dilbaz, N. (2016). *Smartphone addiction and its relationship with social anxiety and loneliness. Behaviour & Information Technology, 35(7), 520-525.*

18. Hou, Y., Xiong, D., Jiang, T., Song, L., & Wang, Q. (2019). *Social media addiction: Its impact, mediation, and intervention. Cyberpsychology: Journal of psychosocial research on cyberspace*, 13(1).
19. Isparmo. (2016). *Internet. Survei APJII: Data Pengguna Internet India Tahun 2016. Diakses pada tanggal 13 Januari 2018*
20. Jafri, Y., & Ovari, I. (2015). *Socialization Stimulation Progression with Socialization Development on Pre School Children Age 36 – 47 months. Jurnal INJEC Vol. 2 No. 2 Oktober 2015: 198–204*

### Author's Declaration

I as an author of the above research paper/article, here by, declare that the content of this paper is prepared by me and if any person having copyright issue or patent or anything otherwise related to the content, I shall always be legally responsible for any issue. For the reason of invisibility of my research paper on the website /amendments /updates, I have resubmitted my paper for publication on the same date. If any data or information given by me is not correct, I shall always be legally responsible. With my whole responsibility legally and formally have intimated the publisher (Publisher) that my paper has been checked by my guide (if any) or expert to make it sure that paper is technically right and there is no unaccepted plagiarism and hentriconane is genuinely mine. If any issue arises related to Plagiarism/ Guide Name/ Educational Qualification /Designation /Address of my university/ college/institution/ Structure or Formatting/ Resubmission /Submission /Copyright /Patent /Submission for any higher degree or Job/Primary Data/Secondary Data Issues. I will be solely/entirely responsible for any legal issues. I have been informed that the most of the data from the website is invisible or shuffled or vanished from the database due to some technical fault or hacking and therefore the process of resubmission is there for the scholars/students who finds trouble in getting their paper on the website. At the time of resubmission of my paper I take all the legal and formal responsibilities, If I hide or do not submit the copy of my original documents (Andhra/Driving License/Any Identity Proof and Photo) in spite of demand from the publisher then my paper maybe rejected or removed from the website anytime and may not be consider for verification. I accept the fact that as the content of this paper and the resubmission legal responsibilities and reasons are only mine then the Publisher (Airo International Journal/Airo National Research Journal) is never responsible. I also declare that if publisher finds Any complication or error or anything hidden or implemented otherwise, my paper maybe removed from the website or the watermark of remark/actuality maybe mentioned on my paper. Even if anything is found illegal publisher may also take legal action against me

**Pragati Kapoor**