



LONELINESS AND AGGRESSION OF SOCIAL MEDIA USERS AMONG EARLY ADULTHOOD

Psychology

**Subhash
Bhaskaran**

Msc Psychology

Anakha P K

Msc Psychology

ABSTRACT

The article deals with the influence of social media and mental health, psychological problems and how they affect us. In this era, social media have become an important part of our lives. We start the use of social media as time passes and slowly it gets to an influential or addictive level. The study shows how loneliness and aggression in social media users and how it affects society. The amygdala is the brain area that is in charge of loneliness and aggression. The article includes examples of such crimes that are motivated by the media and have been discussed. This thematic paper applies content review methodology and goes through the contents related to the topic and analytically summarises the ideas. The conclusion of the thematic paper states how loneliness and aggression in social media users and strategies to resolve it, like CBT, Anti-anxiety-medication, meditation etc.

KEYWORDS

Loneliness, Aggression, Social Media, Early Adulthood

INTRODUCTION

Social media are an intermediate channel to communicate with people, but these media can impact on mental health. Nowadays, 10 in 9 people use social media. Social media addiction is a behavioral disorder which is most commonly seen in teens. Usually, everyone starts using social media as time passes and then it slowly becomes addictive. Social media are a vast area where we meet new people, new friendships, appreciation from others etc, and these new friendships can impact on your mental health. Social media can influence personality and behavior in many ways. They may be eating disorders due to body shaming, online game addiction, sexual behaviour, cheating and threatening, sleeping disorders, learning disorders, suicide tendency, aggression and loneliness, depression, anxiety, cyber bullying, conducting a crime, stealing, rape etc. In this context, some individuals become victims of any illness.

Examples of such media motivated crime is a robbery that conducted in Mumbai by watching a Malayalam movie 'Robinhood'. In this movie the hero is looting money from ATM the same way the crime has been done in Mumbai (Times of India January 2017). One more example is a crime conducted in Bengaluru which the family of five inspired from movie 'Drishyam' (Indian times January 2022). An other example that is conducted in Trivandrum district of Kerala where a educated man killed his family members for seeing astral projection psychiatrists says that he has obsession with parapsychological beliefs and he was living in a virtual world (India today April 2017)

Loneliness

Loneliness is a universal human emotion that is both complex and unique to each individual. Loneliness can be normal, and is only an indicator of underlying disease when feelings become excessive, all-consuming and interfere with daily living. Loneliness may be regarded as the painful longing for the lost object or for the loss of the love of the object. (Freud 1926/1959).

Aggression

Aggression is any behaviour that hurts other people. Aggression also can be social, the reason for more aggressive than others is complex. Aggression as behaviour that is intends o harm another individual who does not wish to be harmed (Baron & Richardson, 1994). Aggression is a harmful act towards a living being.

OBJECTIVE OF THE STUDY

The objective of the study aims to explore loneliness and aggression in social media users in early adulthood

METHODOLOGY

This thematic paper applies content review methodology and gone through the contents related to the topic and analytically summarised the ideas.

DISCUSSION OF THE STUDY

Social media are an intermediate channel to communicate with people,

but these media can impact on mental health. The study deals with how social media act on loneliness and aggression. It has also been discussed about the relationship of loneliness and aggression in early adulthood and the areas which control these problems in the brain. The study hints at how it affects the individual and society, and also mentioned some treatment strategies and tips to reduce social media usage to resolve it. Mental health issues should be diagnosed and treated promptly.

Relationship Of Loneliness And Aggression

Early adulthood is a stage of life in which lot of confusions and doubts will arise. Affect can be from mild to severe according the intensity of use of medias by the individual. Past studies have found that students who spend more time on social media sites are likely to demonstrate poor academic performance. This is because they spend time chatting online and making friends on social media sites instead of reading books. (Effect of social media use on learning, social interactions, and sleep duration among university students manjur kolhar 2021). Using social media more often, though, increases FOMO and feelings of inadequacy, dissatisfaction, and isolation. In turn, these feelings negatively affect your mood and worsen symptoms of depression, anxiety, and stress. (Social Media and Mental Health Robinson and Melinda Smith 2021).

Results from whole-brain VBM analyses showed that individuals with higher loneliness scores tended to have smaller gray matter volumes in three clusters comprising (i) the left amygdala/anterior hippocampus, (ii) the left posterior Para hippocampus and (iii) the left cerebellum (Sandra Düzel et. Al 2019). The amygdala and other limbic system structures are connected to prefrontal cortex regions (Nita V Bhatt 2019). Two brain areas involved in the neural network of aggressive behaviour are the amygdala and the hypothalamus (Flavia Venetucci Gouveia, PhD et.al 2019). The three studies given above show the relationship between loneliness and aggression. These two have a connection with the amygdala in the brain. The amygdala is a region of the brain which is associated with emotional processes. Most people who have done serial killings and reside in prisons will have a problem with the function of the amygdala of their brain.

Treatment

- Cognitive behavioural therapy (CBT):-is the most common type of psychotherapy used with loneliness and aggression. CBT for anxiety teaches you to recognize thought patterns and behaviours that lead to troublesome feelings. It needs to be worked on changing them Cognitive-behavioural therapy for anxiety disorders: an update on the empirical study by Antonia N. Kaczurkin, PhD and Edna B. Foa, PhD (2015).
- Anti-anxiety medications: Anti-anxiety medications, such as benzodiazepines, may decrease your anxiety, panic and worry (Drugs to Treat Anxiety Disorder. Rebecca Barnhart, PharmD, BCPP (2021).
- Anti depressant medications: -It can also help with anxiety

- disorders. They tweak how your brain uses certain chemicals to improve mood and reduce stress (Used to Treat Mental Disorders (Smitha Bhandari, MD (2021)).
- Deep brain stimulation: - studies have shown evidence using deep brain stimulation to treat symptoms by amygdala damage. Specifically, deep brain stimulation can help relieve some psychological and behavioural side effects (Deep brain stimulation for aggressiveness: long-term follow-up and tractography study of the stimulated brain areas (Cristina V. Torres PhD et.al (2020)).
 - Meditation: - A set of techniques that are intended to encourage a heightened state of awareness and focused attention (The effects of meditation on individuals facing loneliness: Gurleen K. Saini et.al. (2021)).
 - Yoga: - The application of Yogic principles to a particular person with the objective of achieving a particular spiritual, psychological, or physiological goal (Yoga as a practice tool. Amy Novotney (2009)).
 - Family therapy:-Family therapy can be a big help for adults struggling with aggression to mend broken bonds with loved ones that may have occurred as a result of their aggressive behaviour (Family therapy activities for anger (2021)).
 - Group therapy: - Working with others in group who is similarly struggling with aggression and other mental or physical problems can be a great relief for those who have aggressive tendencies. Through the group, we will learn anger management skills, coping mechanisms, relaxation exercises, and guided imagery to help you learn new ways of expressing your feelings (Cognitive group therapy for aggressive boys: Yifrah Kaminer. J Am Acad Child Adolescent Psychiatry. (2005)).
 - Exercises: - Exercise improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function (Anxiety Exercises to Help You Relax: Erica Cirino (2020)).

Ways To Reduce Social Media Usage

- Turn Off All app-based Notifications.
- Delete Apps / Social Media Accounts You Don't Use.
- Limit Yourself. Avoid sleeping with mobile. Remove your phone from your morning routine.
- Get a New Hobby.
- Have family meal without phones.
- Spend time with Friends and Family.
- Meditation
- Do exercises to physically and mentally healthy
- Involve in things that make u happy and satisfaction

CONCLUSION

Early adulthood is a stage of life that possesses a lot of uncertainties. This study deals with how loneliness and aggression affect social media users, which is obvious in early adulthood. It has also been discussed about the relationship of loneliness and aggression in early adulthood and the areas which control these problems in the brain. Mental health issues should be diagnosed and treated promptly. This paper also discusses the aftermath of social media usage and it affects the means of loneliness and aggression in early adults and strategies to resolve it like-CBT, Anti anxiety-medication etc. This paper also indexes the trouble these issues create in society.

The article presented the importance of mental health and the problem that early adulthood faces by means of social media usage. Early adulthood is a stage in life where a lot of changes occur which affect you psychologically and there will be lots of confusions and frustrations. Loneliness and aggression is a combination of problems that have some physiological background in the amygdala, which is one of the reasons for the two of them. These two problems that a person faces will have a chance of becoming antisocial. A person who is having a problem of loneliness or aggression has some problems with the function of emotions and cognitive processes. There are curing methods by which they can get rid of the problem they are facing. The amygdala is the area of the brain which has controls on loneliness and aggression. A person having some Amygdala problem will surely experience loneliness and related mental illness. There are some coping strategies to overcome these problems which have been given above. For overcoming loneliness and aggression, CBT is the best way to reduce it. Thus, professionals working in the field should be aware of the problem and bring them back into the new normal life and achieve success.

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