



ORIGINAL RESEARCH PAPER

Psychology

IMPACT OF SOCIAL MEDIA ON MENTAL STRESS AMONG COLLEGE STUDENTS

KEY WORDS:

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ABSTRACT

An attempt is made to study the effect of social media on mental stress among college students. A sample of 50 (25 boys and 25 girls) was selected from the different colleges. In Mumbai stress management test developed by Dr. Sopan Borate' was administered of the sample to access their mental stress. 2x2 factorial design was employed and analysed data. The study was carried to assess the impact of social media on mental status of college student. The collected data was statistically analysed for this purpose. 't' test were employed. There were some significant findings having high personal, familial, educational and social implications. The finding of study revealed that there were no significant differences of mental stress regarding social media and gender.

ABOUT MENTAL STRESS:

Now a day mental stress is a general phenomenon. The very term is used by common people in day to day affairs. As the major physical and mental diseases are outcome of mental stress it has become crucial to study it scientifically. More than 75 % illnesses are due to mental instability. Stress means a kind of excessive pressure of something. Though stress can be positively utilised but in most cases it has negative and notorious impact on the individuals.

As sometimes stress is not handled and managed properly, youngsters may suffer from physical and mental incapacities. If they suffer for long time, they might face serious issues like heart blockages, cancer, high BP and sexual impotency etc therefore stress should be understood and managed properly.

The very impactful instrument responsible for high mental stress is excessive use of Social media. Especially youngsters are tending to use face-book, twitter, insta-gram, whatsapp and video cites on web portals. To come out from pressure, the college goes use social media and again get trapped into the stress and hyper sensitivity. Therefore researcher decided to study stress among college students.

AIM:

The main aim of the study is to measure the instability of mental stress among boys and girls who use social media extensively.

OBJECTIVES:

1. To study mental stress among boys of college
2. To measure mental stress among girls of college
3. To underline the significant difference between the mental stresses among college boys and girls.

HYPOTHESIS:

1. The boys of college may not have personal or family stress rather than educational.
2. The girls of college may not have personal stress but more educational and familial.
3. There is a slight difference between the boys and girls as far as their mental stress is concerned in respective of personal familial and educations domains.

RESEARCH DESIGN:

The social media is used as an independent variable however the stress is used as dependent variable among boys and girls. The present researcher has used 2x2 balanced factorial designs.

Tools: Stress Measurement:

This scale was constructed and standardised by Dr. Sopan Borate. There are in total 25 questions. They successfully measure four items of stress management. It is provided with six Alternatives. Reliability of the scale is .83 and validity is .77.

Sample: The total sample was consisted of 50 college students. Their age range was from 18 to 21. The researches have selected

25 female students and 25 male students. The ratio was 1 : 1.

Data Collection: The data was collected individually. The girls and boys were contacted and interviewed personally by the researcher. The tools were properly administered while face to face talk and drawing conclusions.

RESULT AND DISCUSSION:

The various means and standard deviations are given below as obtained on the four measures.

Table No. 1: Stress level among Boys and Girls

| N | Personal | Family | Educational | Social |
|----------|----------|--------|-------------|--------|
| Boys 25 | 20 | 05 | 00 | 00 |
| Girls 25 | 16 | 09 | 01 | 00 |

The data in the table shows the levels of stress.

The above chart shows that due to use of social media, almost everyone is a victim of different kind of stress. Especially equal stress is found in personal, educational, familial and social lives of these boys and girls. Personal stress shown in boys is 20 and 16 among girls. As there are familial clashes into families, it has been found that girls are more facing stress than boys. It is shown that stress is 9 in girls and 5 among boys. Educational stress is occasionally found and only 1 in girls. On the contrary, social stress is rare in girls and boys as they are reluctant to society.

Table No : 2 : Mental stress mean and SD score and T value.

| T value | Level of Significance |
|---------|-----------------------|
| 1.69 | N S |

| Samples | N | Mean | S.D |
|---------|----|------|------|
| Boys | 25 | 48 | 14.9 |
| Girls | 25 | 41 | 13.8 |

The above table shows the mean score of the mental stress level in boys is 48 and of girls is 41. This mean shows that boys have higher stress level than girls. On sample base, SD is resulted as boys have 14.9 and girls have 13.8 which show that girls have less SD than Boys.

The obtained T value was 1.69 which is lower than 0.5 to 1.96. it means that there is no significant difference in mental stress.

CONCLUSION:

1. Boys have stress in personal familial and social level.
2. Girls have stress in personal familial and social level.
3. Boys and girls don't differ significantly in mental stress level.

The purpose of the present study underlines that the education planners, parents and teachers should provide environment to make student educationally and socially healthy.

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