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## **The comparative study the effect of Facebook addiction on adolescent generation: An impactful and behavioural analysis**

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### **Abstract**

The results of this study show that social networks have a significant impact on young people, which increase the level of adolescent addiction and increases the amount of time spent on these networks. To prevent addiction, it is important to develop awareness of social networks in the early days of childhood. At this point, the media, education and health authorities must act together to increase public awareness. I can mention that seminars and educational programs sponsored by the local government will make an important contribution to prevent addiction to social networks.

**Keywords:** adolescent generation, contribution

### **Introduction**

Now a days Facebook becomes the necessity in the teen agers as they need more and more virtual connection to their friends and colleagues, this trend of being in touch with each other with being apart become a fashion and also a status symbol within the adolescent groups. Every selfie and any update regarding family carrier, life was very first posted on social media sites like Facebook, instagram and twitter like channel.

Facebook is a popular and preferred tool for keeping in touch among students. Facebook provides several features for its users such as chatting, groups, private messaging, and wall posts, among others in order to keep in touch with family, friends, and world happenings. As for business reasons, many organizations, companies, and institutions adopted Facebook to promote for their businesses among the target population.

The number of Facebook users is overwhelmingly increasing. As of current years, Facebook users reached more than one billion around the globe, and approximately 80 percent of those users are adolescents or students. Facebook addiction is considered as "specific form of internet addiction" Facebook addiction has positive correlation with Facebook motives such as communication, passing time, social interaction, entertainment, and companionship. Among these motives, only passing time, entertainment, and communication were found to be the predictors of Facebook addiction

In general, there are teenagers who are addicted to social networks. Economic problems, psychological disorders and physical incompetence allow people to find comfort in the virtual world away from the real world. However, this situation leads to poor social relationships and isolated people. One of the main reasons for addiction to social networks is the lack of knowledge of the child about the proper use of social networks and the lack of support from parents. There is no definitive diagnosis for this disease because addiction to social networks is defined as spending too much time on social networking sites and cannot control them to access these sites. Therefore, it is very difficult to diagnose the addiction to a person's social networks. In the case of addicts to social networks, the distinction between real life and virtual life becomes blurred and real life almost breaks.

80% of the messages published on social networks are related to the instantaneous exchange of experiences. But the important question is why so many people share their everyday thoughts, actions and opinions about social networks. "Providing information about oneself activates the reward system of the brain, which provides a pleasant experience similar to that obtained from natural rewards such as food or sex."

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In a neuro physiological context, MRI, through related studies of the activation of neuronal and cognitive mechanisms associated with satisfaction, speaks for itself as an individual traces brain activity.

Social networks are a type of online activity where text messaging or email delivery is the mainstream. However, this tool is widely used for games or for sexual purposes. Social networks are mainly used to stay online and demonstrate the importance of tools in academic, professional or personal areas. Ironically, the side effects of the technology created to unite people were the research topics that more than 50% of social network users think are unhappy than their friends [12-15].

In social networks, life is edited and frustrated by a pattern of false idealism that cannot be achieved in a practical way. A quarter of respondents said that "a friend's life is better than theirs" about the symptoms of deep depression.

The activation of compensation systems through self-exposure can create a framework of dependencies that leads to the excessive use of social networks. Similarly, many drug addictions, such as drug addiction, can increase endogenous dopamine levels in the compensation area of the central nervous system to provide the desired effect to the poisoned user.

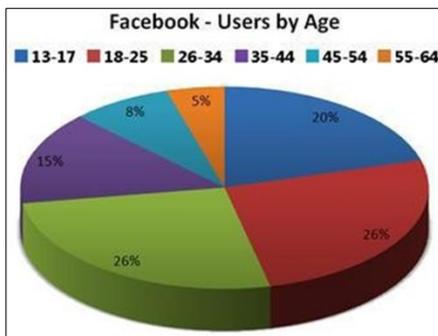


Fig 1: Showing the Pie distribution of the Facebook respondents by their Age

The current study is a survey analysis of the effect of the Facebook addiction on the adolescent students and their change in the thinking pattern towards family and career and their priority and importance of work segregation in relation with the social media browsing. Here I present a general survey in strong support to prove the above points; this survey is based on 300 peoples.

Table 1: Properties of the Target Group

Gender		
Female	162	59.8
Male	109	40.2
Total	271	100

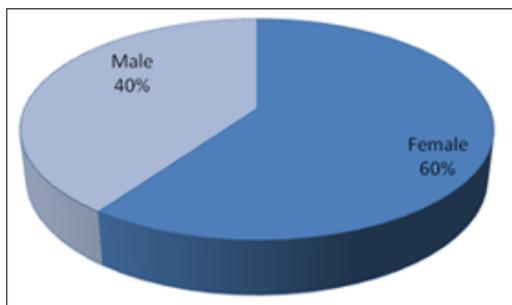


Fig 2: Gender

Table 2: Age

Age		
13	2	0.7
14	36	13.3
15	57	21
16	61	22.5
17	69	25.5
18	42	15.5
19	4	1.5
Total	271	100

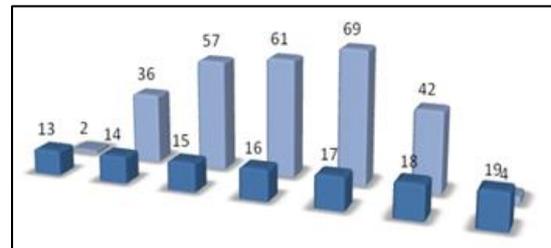


Fig 3: Age and % use of Facebook

Table 3: Daily frequency of visiting social media profiles

Daily frequency of visiting social media profiles		
None	39	14.4
3-5 times	121	44.6
6-10 times	48	17.7
11-20 times	24	8.9
Always	39	14.4
Total	271	100

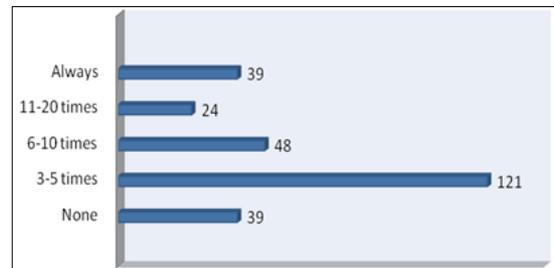


Fig 4: Daily frequency of visiting social media profiles

Table 4: Daily time spent on the Internet

Daily time spent on the Internet		
None	26	9.6
Less than 1 hour	86	31.7
1-3 hours	124	45.8
4-6 hours	26	9.6
7 hours and more	9	3.3
Total	271	100

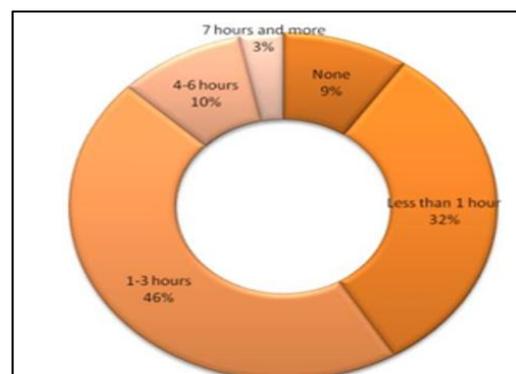


Fig 5: Daily time spent on the internet

As it can be observed from Table 1, 162 (59.8%) of the participants who filled out the questionnaire are female, while 109 (40.2%) are male participants.

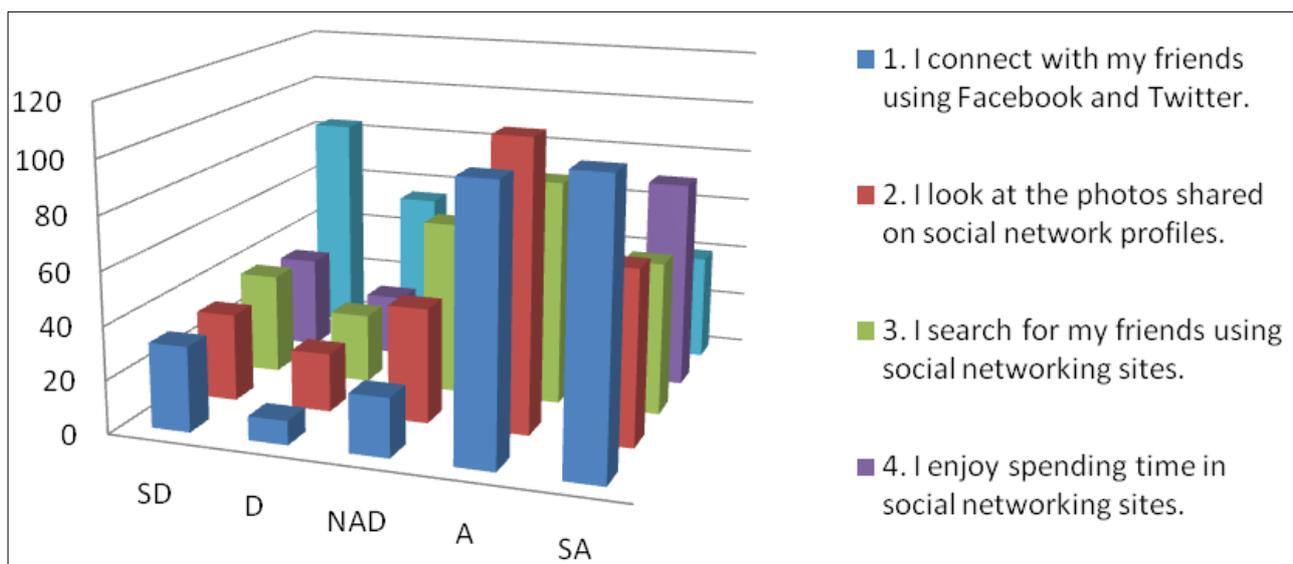
Age distribution is as follows: there are 2 participants in age 13, 36 in age 14, 57 in age 15, 61 in age 16, 69 in age 17, 42 in age 18, and 4 in age 19. 26 (9.6%) of the participants state that they spend no time on the Internet in a day, while 86 (31.7%) of them spend less than one hour, 124 (45.8%) spend 1-3 hours, 26 (9.6%) spend 4-6 hours, and 9 (3.3%) of them spend 7 and more hours on the Internet on a daily basis. 39 (14.4%) of the participants say that they spend no

time visiting social media profiles, while 121 (44.6%) of them visit 3-5 times, 48 (17.7%) visit 6-10 times, 24 (8.9%) visit 11-20 times, and 39 (14.4%) of the participants visit always in a day.

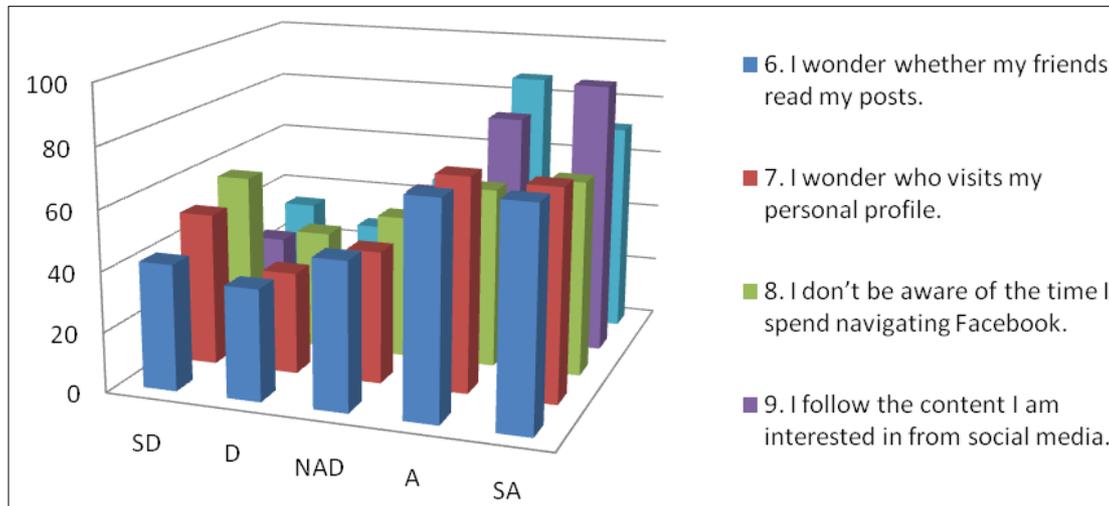
To reveal the psychological behaviour of the adolescent towards the social media some questions were put forwards and the conclusion were drawn with the evaluation and tabulated below. Here SD=Strongly Disagree, D= Disagree, NAD = Neither agree or disagree, A =Agree, SA= Strongly Agree.

**Table 5:** Shows in table used and connected friend items

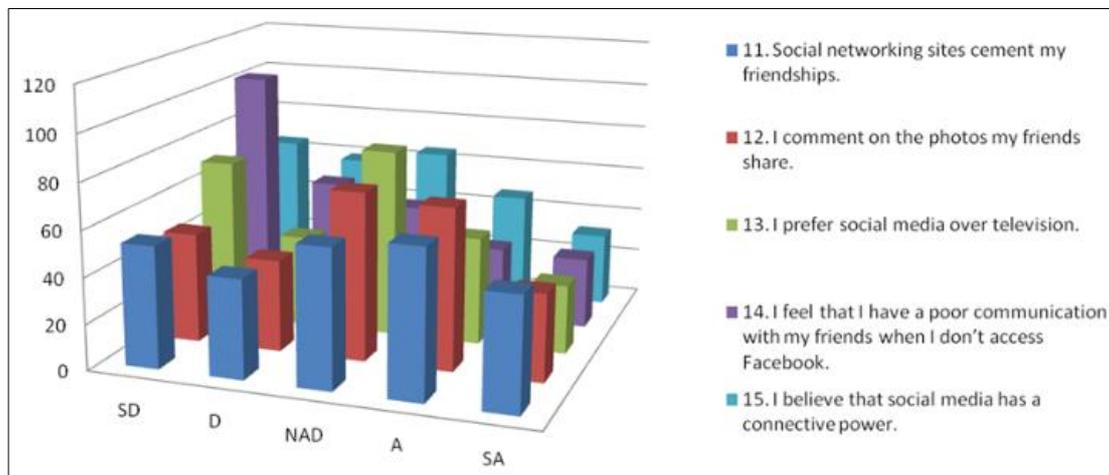
Items	SD	D	NAD	A	SA
I connect with my friends using Facebook and Twitter	32	9	22	101	106
I look at the photos shared on social network profiles	33	22	43	108	65
I search for my friends using social networking sites	38	26	65	84	57
I enjoy spending time in social networking sites	35	23	57	75	78
I want to view social networking sites starting at early hours of a day	84	55	49	42	40
I wonder whether my friends read my posts	42	37	49	71	72
I wonder who visits my personal profile	51	34	44	71	70
I don't be aware of the time I spend navigating Facebook	57	40	48	60	65
I follow the content I am interested in from social media	28	22	50	78	91
I follow latest news and events from social networking sites.	34	28	48	87	71
Social networking sites cement my friendships	53	43	60	64	49
I comment on the photos my friends share	48	40	73	70	38
I prefer social media over television	71	40	82	47	30
I feel that I have a poor communication with my friends when I don't access Facebook	103	56	48	32	31
I believe that social media has a connective power	65	59	65	47	32
I believe that new media has changed learning habits	26	43	80	65	49
I spend my free time surfing the Internet.	47	51	80	54	36
I believe that social networking sites are instructive.	45	36	86	69	30
I participate in events on social networking sites.	66	49	67	58	28
I wonder who visits my personal profile.	62	31	41	67	65
I find new friends through Facebook and Twitter.	57	34	45	79	54
I think that I am being followed by someone in social media.	68	43	60	50	47
I believe that new media technologies change human life.	15	32	52	85	85
I read personal blog posts, and search content.	36	26	59	93	56
I freely share my ideas on social networking sites.	50	27	52	61	81



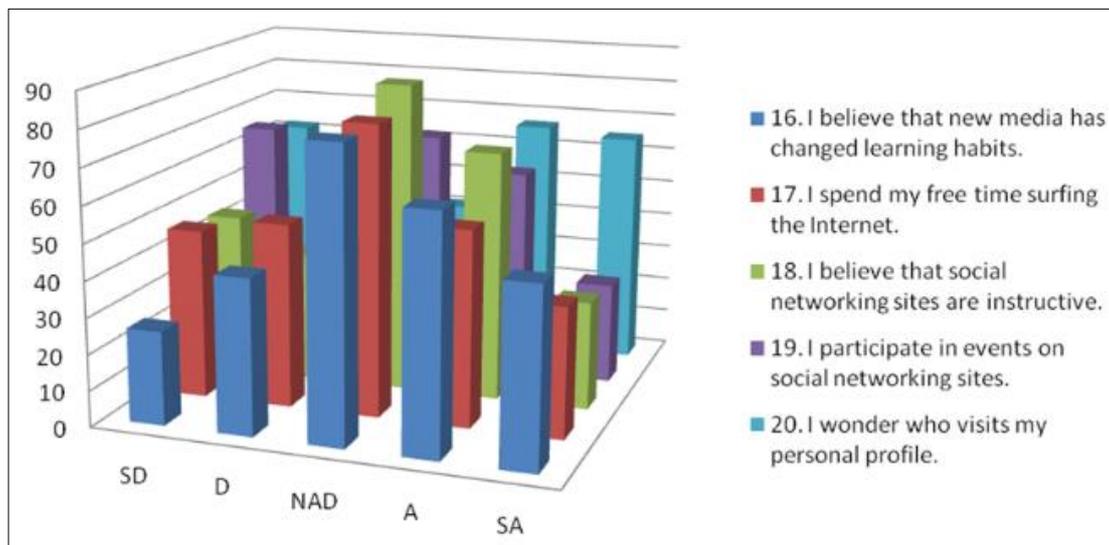
**Fig 6:** Aspects of adolescent student towards Facebook addiction



**Fig 7:** Aspects of adolescent student towards Facebook addiction



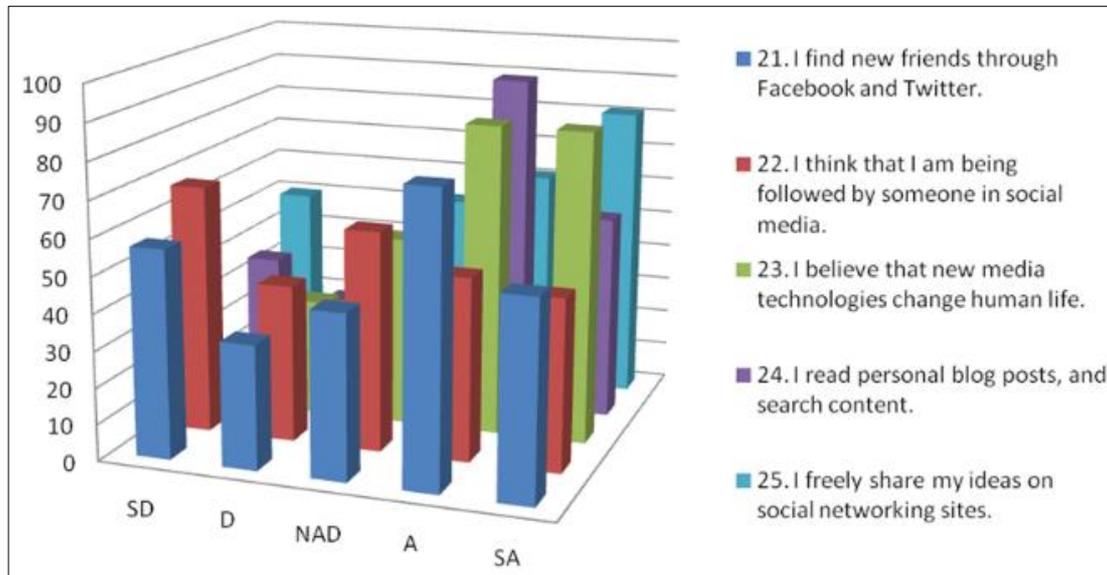
**Fig 8:** Aspects of adolescent student towards Facebook addiction



**Fig 9:** Aspects of adolescent student towards Facebook addiction

A Continuous sequential solution is not found. Issues can be solved by focusing on various attitudes. A multifocal attitude can change the issue; it can even change a problem Psychiatrist opinion about mental health is that mental health has to be maintained as balanced in any human being. Any county is based on youth development Globalised issues of youth is the misuse of media particularly social

media but studies says that Facebook usage has very high impact on youth rather than any other media. Using social media is inevitable but constructive usage of social media is 8.9% that is restricted and the balance is randomized. As per India's concern the Facebook, social media has become the Bain rather than the boon.



**Fig 10:** Aspects of adolescent student towards Facebook addiction

The inevitability of the communication technology development is drowning the youth. Their constructive aim or goal in life is being crushed, smashed and swapped by social media. To solve this issue many youth hinder academic part particularly teenaged or college students are almost having an addiction towards Facebook social media [18]. This is the age for them to set up a positive focus, set a goal for life rather the time being eaten by Facebook and the future is being spoiled because of this parents are in stress, teachers are not honored and friends are scattered. The financial status of the parents is being misused. Honesty of the children is being corrupted; divinity stolen and academics are Sloan or inclined. They are living in a virtual world where the truth is not focused. After severe addiction and impedance, it is tough to bring them out. There are centers for several attitudes such like drugs and alcohol etc. for psychological issues and rectification centers with medicines are available [19]. For issues like Facebook addiction there is no rectification. Hence parents as well students have to establish the time being spent accessing social media sites, setting limits on the screen time excluding work and homework related computer usage, secondly comparing it with hygiene, exercise healthy eating habits adequate sleeping hours, real life relationships, prioritizing over work and assignments and thirdly being careful over, given the advantage of being bullied, cyber stalked, or losing your privacy and fourthly to be aware of becoming emotional or being emotionally neglected or deprived over Facebook related events and persons.

### Conclusion

In all the above mentioned scenarios and situations, if anomaly has been identified, be sure to be able to get off the social media sites for a while until the moment that one is able to strike a balance between reality and virtual reality.

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