Impact of Social Networks on interpersonal behavioral dysfunction


* Department of Pharmacology, School of Pharmaceutical Sciences, Lovely Professional University, Phagwara, Punjab, India, 144411

ABSTRACT

From last few years, the access of social media has been growing rapidly in youngsters because of social revolution. Popularity of these sites played a crucial role in bridging boundaries and crossing seas and enabling them to communicate on a common platform. The overuse or more addiction of these sites might be responsible for interpersonal dysfunctions which affects the human behaviour and ultimately shows its negative impact on personality. Person may be suffered from narcissism, antisocial, borderline, addictive personality, etc. This project adds another dimension to the debate by focusing on human behaviour. This study was conducted to find out the negative impact of social media on human behaviour. A prevalidated offline questionnaire was prepared and responses were recorded from senior-secondary students and graduate students of (BBA) in Jagraon (Punjab), graduate students of (B.Phar) and employees in Jalandhar (Punjab) with a sample size of 200, the data collected was analysed and interpreted using SPSS ver 22.0 and presented in the form of bar-charts and tables. Results found that the age group of 10-20 ranges, students from schools mostly females are so much addicted to social networks, and had some impact of SNS on their behaviour and personality traits. This study provided a way for research and need to do it in future by increasing the population size and including still some more tests for personality and behavioural studies and find out, what the exact scenario out for their behaviour and personality disorders.

KEYWORDS:

Narcissistic, impact of social networks, addiction, DSM-IV, behaviour disorders

1. INTRODUCTION

Although many people don’t think of it, social networking web sites harbour many dangerous elements and many people are concerned about some major problems that they contain. One such problem is privacy issues. With social networking web sites, it is almost too easy to retrieve personal information about someone and use it to harm them. The old saying, “it’s a small world” has never been more true than it is today. Texting, email, Twitter, Facebook, and even GPS system make it almost impossible to be anonymous or alone. In the world of personality disorders, this constant input and expectation from others for input may have the potential to wreak havoc on symptoms already nearly impossible to live with. In a study released by the non-profit Anxiety, over half of people who used social media such as Facebook or Twitter said the sites had changed their lives- but not for the better. Nearly half said they felt “worried or uncomfortable” when they found themselves without access to the sites, while nearly two-thirds of study respondents said they “felt the need to switch off” their computers and phones to truly get a break from technology. These constant forums for self-expression could be baiting, even feeding, the symptoms of personality disorders, such as Narcissistic Personality Disorder (NPD) and Borderline Personality Disorder (BPD). In fact, Randi Kreger, co-author of books likes Stop Walking on Eggshells known for bringing the concerns of those dealing with Borderline Personality Disorder and Narcissistic Personality Disorder to an international forefront, recently pointed to a study published in the journal Personality and Individual Differences that found a direct link between the number of friends one has on Facebook and the degree to which one is a “social disruptive” narcissist. “The research comes amid increasing evidence that Facebook and other social media are creating a generation of young narcissists,” writes Kreger, Kreger continued to note that, in the study, researchers were unclear as to whether

*Correspondence to:
Koppala Rvs Chaitanya,
Department of Pharmacology, School of Pharmaceutical Sciences, Lovely Professional University, Phagwara, Punjab, India, 144411
Email: koppalachaitu@gmail.com
Facebook was feeding or creating narcissistic tendencies, or a little bit of both. This is because of the increased need people have to share every aspect of their lives online, whether good or bad. Studies have also shown that social media can result in feelings of depression and anxiety. It can be hard for people to watch their online friends lives evolve with events, such as weddings, babies, and parties that they may not be experiencing themselves. People may feel anxious about gaining more online friends or not getting any responses to their online posts.

*Capparis decidua* commonly known as Bare Caper is a climbing shrub belonging to the family of Capparaceae which is widely distributed throughout India. In the Unani system of medicine the plant has been used as a carminative, tonic, emmenagogue, aphrodisiac, alexipharmic; improves the appetite; good for rheumatism, lumbar, hiccup, cough and asthma[1]. Several phytoconstituents have been identified and isolated from different parts of *Capparis decidua* which includes alkaloids, glycosides, terpenoids, steroids, flavonoids, phenols and fatty acids [2]. The hydrocarbon fraction of flowers contains nonacosan, triacontane, Ascorbic acid, phytic acid, oxalic acid, and phthalic acid. Two new saturated aliphatic ketones (C28 and C32), n-nonacosanol, b-sitosterol, b-D-glucoside of b-sitosterol, a new isomer of b-sitosterol, a new glycoside, pelargonidin-3-galactoside.

2. MATERIAL AND METHODS

**Data collection method:**

After secondary data collection through data collection over the internet, a primary research was carried out through a questionnaire. The questionnaire was well structured and the responses were sought from the respondents. The nature of the questions was such that it avoided ambiguous responses from the respondents and it also helped in quick analysis of the data collected.

Two methods of questioning were used for the data collection:

**Person Assisted:** The responses were collected by personal questioning. The responses were taken from the students in school, college, university of Jagraon, Jalandhar respectively, and employees (faculties) from LPU, Phagwara, etc. this form of questioning helped the respondent to understand the questions better and answer accordingly.

**Web enabled:** The questionnaire was e-mailed to respondents who filled it and then submit when we went to collect those. No flaw was observed from the respondents, they understood the questions and hence they answered them to the best of their capability, unlike the other method employed where the questions could be explained if required.

**SAMPLING:**

**Sampling Design:** The target population for our research was defined as the students who form the major chunk of users of these social networking sites. This was done to have a better insight into the research as the target population was one which is the most avid user of these sites and could provide good responses. Even the understanding of the questionnaire was easy to them as they were familiar with the sites and quite clear about the reasons they use it for and the various problems that they face. The extent of the survey was limited to the Jagraon, Phagwara, Jalandhar areas.

**Sampling frame:** can be defined as all the users of social networking sites in the vicinity. Once the sampling frame was decided, simple random sampling method was used to select the respondents. In the person assisted survey, almost everyone in the sampling frame had an equal chance of being selected and we got the responses filled through those people who were readily and willingly accepting to fill it.

3. RESULTS AND DISCUSSION

**Mean Addiction to Social Media:**

Data analysis of Addiction of Social Networks was done in association with Gender, Age-Groups, Occupation and Place.

![Mean Addiction to Social Media with Age-Group](image)

**Figure 1:** Depicts the association between Addiction to Social Media with different Age-Group. The population with age group of 10-20 are very much addicted to social media. While, age group of 30-40 having least addiction to the social medias.
Figure 2: Represents the association between Addictions to Social Media with Gender. This graph reveals that the females are higher addicted to social media as compared to males.

Figure 3: Shows the association between Addiction of Social Media to Occupation. The students of school/college/university are more addicted to social network sites as compared to employees.

Figure 4: Gives association between Addictions to Social Media with respect to Place. The students of university are less addicted to social network sites as compared to students of school and college.

Results regarding Mean Impact on Behaviour:

Data analysis of Impact on Behaviour was done in association with Gender, Age-Groups, Occupation and Place.

Figure 5: Shows association between Impacts on Behaviour with Age-Group. It reveals that the people having age group >40 have negative impact on their behaviour which might be having due to different reasons.
Figure 6: Represents association between Impacts on Behaviour with respect to Gender. The females have more impact on their behaviour as compared to males.

Figure 7: Shows the association between Impacts on Behaviour with Occupation. The student population of school/college/university have more impact on their behaviour as compared to employees.

Figure 8: Shows association between Impacts on Behaviour with respect to Place. The people of college have more impact on their behaviour as compared to school and university.

Figure 9: Represents the association between Impacts on Personality with Age-Group. Above graph shows that the population falls between the groups of 10-20 have more impact on personality as compared to other groups.

Results regarding Mean Impact on Personality: Data analysis of Impact on Personality was done in
Figure 10: Shows the association between Impacts on Personality with respect to Gender. This graph depicts that the females have a little more impact on their personality as compared to males.

Figure 11. Shows association between Impacts on Personality with Occupation. This bar-chart describes that the students of school/college/university have more impact on their personality as compared to employ

4. DISCUSSION

A thorough survey on the influence of social networks has been carried out, from the result analysis we found to some extent that, there is some impact of social networks on general population or normal population, we had taken the opinions of the respondents regarding their normal lifestyle, frequency of visiting the social media, social networks. Coming to the specific note regarding the mean addiction to social networks was found very high in 10-20 age group followed by 20-30 age group compared to the other age groups like more than 40 and lastly, I mean less addicted to social networks was found to be 30-40 years age group. In the same way among the 200 normal / general population female are dominating than male in respect to addiction to the social networks, that too students of all components like colleges, school and university are more addicted to the social networks, this may give us some assumption that the age group of 10-20 years almost students of school and college under female gender are more addicted to the social media comparatively higher than employee or students from the age group of more than 30 years.

When we move to the respondents response regarding their opinions on some questions which are focused on their behaviour, i.e. to know the impact of social networks on behaviour of the respondents and what we found that, although the addiction to the social networks are less in 40 years age groups, in spite of that the impact on behaviour is high on this age group, also found that female are more dominating as usual than male in terms of behaviour impact, students standing in front pushing employees behind in impact on behaviour almost high in colleges followed by school and university (LPU) this show that there is some ambiguity in finding the results regarding the effect on behaviour pattern in respondents because more than 40 age group won’t be in school, if in case let us assume they were, but they won’t be in students group. So some sort of ambiguity is there. But still to the finding, we observe that female dominating males, students pushed employees behind. The >40 age group was dominating in impact of SNS on impact of behaviour.

In the same pattern the impact of SNS on personality traits was found to be more in 10-20 age group as usual followed by 20-30, 30-40 and more than 40 age groups, followed by female again dominating than males, along with students a far ahead with employees but here in contrary to the behaviour disorders the regarding place, here it was school dominating in terms of personality.
disorder like narcissistic patterns followed by university than college.

So overall if we combine the both behaviour and personality traits in single and common state i.e. interpersonal dysfunction we found that age group 10-20 was very dominating in both personality and behavioural disorders compared to >40 years age followed by 20-30 and 30-40 age groups, students from the school are very much dominating in all aspects of our study when we relate to the impact of social network impact on interpersonal dysfunctions. So making out insight a little bit deep into the above discussion we can come to some conclusion, in fact it can be a statement of conclusion until we increase the population size high and find out the other factors which may affect this research.

By the above discussion we can say that the age group of 10-20 years mostly of school age, students among them female respondents are more dominating than male students of school age under 10-20 years. As the age goes on the addiction percentage was declining and the behavioural traits are progressing along with personality disorders like narcissist are prevailing. The present study showed us some part and a way to move further in this aspect to find out what the real and present scenario of social networks in dealing with interpersonal dysfunctions.

5.CONCLUSION

The work described about the how the social networks is influencing the people lifestyle and their behavioural patterns, the study was conducted by collected the response in written form through questionnaire which was prepared and answers were validated on general population of Jagraon, phagwara and Jalandhar people who includes students from school, college and university (LPU) of B.Pharmacy BBA and from school, employees from Jalandhar and from lovely professional university i.e. teachers comprises the respondents.

The survey was conducted on the bases of finding the addiction for social networks and impact of social networks on their behaviour and personality disorders, results were analysed and interpreted and found that the age group of 10-20 ranges, students from schools mostly females are so much addicted to social networks, and had some impact of social networks on their behaviour and personality overall. Still some more work need to be done and need to find the exactly what the factors that effecting the system overall.

This study provided a way for research and need to do it in future by increasing the population size and including still some more tests for personality and behavioural studies and find out, what the exact scenario out for their behaviour and personality disorders.

CONFLICTS OF INTEREST

The authors do not have any conflict of interest.

REFERENCE


