

Unravelling the Impact of Adolescent Social Media Usage on Parental Interaction and Physical Well Being: A Comprehensive Study

Tamanna¹ and Preeti Singh²

¹*School of Media and Entertainment, GD Goenka University, Haryana, India*

²*School of Media, Film and Entertainment, Sharda University, Greater Noida, India*

Keywords: Parent-Adolescent, Social Media Usage, Adolescents Behaviour, Physical Well-Being.

Abstract: Social media isn't just a passing fad; it's a fascinating tool for exploration, entertainment, and social interaction. It's become ingrained in our daily lives, with individuals of all ages eagerly sharing their experiences online. This study delves into the impact of social media usage patterns and behaviours among high school students and their relationships with their parents, while also assessing the students' physical well-being. We examined 470 students aged 15 to 17 from various types of schools across different regions. Using the IBM SPSS MODELER, we analysed the data and discovered that social media usage doesn't significantly alter students' behaviour towards their parents. However, there is a consensus among students that their physical well-being is indeed influenced by social media use. The paper explores the findings in detail, including strengths, limitations, recommendations, and areas for further research.

1 INTRODUCTION

Social media presents a multifaceted landscape, offering various activities like news updates and gaming, yet lacks a definitive classification. It serves as a digital platform for users to converse, share information, and create content, publicly or privately. Experts note an age-related increase in social media usage, which can impact well-being, particularly if disregarded. Research indicates life transitions negatively affect physical activity and lifestyle choices. Each individual's experience with social media is unique, with smartphone accessibility driving increased internet usage, especially among teens. While some navigate social networks responsibly, others are easily influenced, spreading misinformation. This study assesses social media's impact on adolescent behaviour with parents and physical well-being. Parents are increasingly concerned about their children's online activities, with many teens concealing their digital behaviour. Excessive social media use is associated with decreased family satisfaction and heightened depression indicators. Additionally, concerns arise about the impact of mobile device dependency on mental health. Long hours of screen time pose health risks, from harmful UV exposure to sedentary habits,

impacting physical well-being. Studies highlight a complex relationship between well-being and social media, influenced by various factors.

2 REVIEW OF LIETRATURE

A comprehensive investigation into Internet addiction among secondary school adolescents (Tenzin et al., 2019) revealed prevalent factors contributing to excessive internet use among Bhutanese students, including boredom, stress, peer pressure, and insomnia. Similarly, research on social media browsing and adolescent well-being (Valkenburg et al., 2021) highlighted the differential impact of active and passive social media use on adolescents' psychological states. Contrarily, a study of university students (Kolhar et al., 2021) demonstrated positive associations between social media engagement and learning outcomes, social interaction, and sleep duration. However, problematic social media use was associated with poorer well-being across multiple domains (Boer et al., 2020). Additionally, parental attitudes and submissive behaviours were found to correlate moderately with high school students' social anxiety and passive behaviours (Abdullah, 2022). Notably, recent

research (Leijse et al., 2023) indicated the potential risks of social media use among adolescents but found no significant impact on parent-adolescent interactions. Furthermore, excessive screen time was significantly associated with hostel residency and familial mental illness (Rs et al., 2021), raising concerns about the mental health implications of prolonged digital engagement. Adolescents' extensive use of digital technologies, including social media, has prompted concerns regarding its potential adverse effects on their mental well-being (Jensen et al., 2019). While some studies found no direct link between social media use and psychological stress (Boers et al., 2019; Vahedi & Saiphoo, 2018), others suggested an intricate relationship between social media and well-being (Boer et al., 2020; Boers et al., 2019; Shankleman et al., 2021). Moreover, parental perceptions of social media's impact on family dynamics underscore the need for fostering positive parental insights (Procentese et al., 2019). With adolescents increasingly spending substantial time online, the prevalence of hiding online activities from parents highlights the challenges in monitoring their digital behaviour (Anderson & Jiang, n.d.). These findings collectively underscore the complex interplay between digital technology use, adolescent well-being, and familial dynamics, urging further interdisciplinary research in this domain.

3 PROBLEM STATEMENT

The overuse of social media among higher secondary school students poses multifaceted challenges including strained relationships, academic neglect, physical health concerns, and mental well-being issues, suggesting a pressing need for deeper understanding and awareness of the implications for future generations.

4 OBJECTIVES

- To review the factors of usage social media and adolescents' behaviour towards their parents.

- To analyse the rational use of social media platforms by adolescents and their physical well-being.

5 METHODOLOGY

This ongoing study examines social media use, physical well-being, and parent-adolescent behaviour. It involves 10 schools, with district and school approval. Focused on class 11 students (15-17yr), with 47.7% females and 53.3% males, data analysed with IBM SPSS Modeler tool. A questionnaire included 15 items on social media use, demographics, and school details. Administered during zero period under supervision. 480 students participated, with 10 exclusions due to absence. Test reliability was 99.8%.

Research questions: Does social media impact parent-adolescent behaviour? How does social media affect physical well-being?

Hypotheses: Social media affects parent-adolescent behaviour. Social media engagement impacts physical well-being.

6 RESULTS AND ANALYSIS

Nowadays, Higher Secondary School Students are busy with extra classes and tuition which may be the reason only get one hour for using the device. Hence, the measurement is based on the social media usage for one hour only and some of the 2 and 2+ social media users are 9% less than the 1-hour users.

Value	Proportion	%	Count
0		0.21	1
0.5		14.89	70
1		34.04	160
2		25.53	120
2+		25.32	119

Figure 1: Social Media Usage Timing.

HYPOTHESIS TESTING Ho1. Social media usage affects the behavior of higher secondary school students towards their parents.

Model	Sum of Squares	df	Mean Square	F	Sig.
1 Regression	56.487	9	6.276	6.658	<.001 ^b
Residual	432.660	459	.943		
Total	489.147	468			

Figure 2: In ANOVA the ratio is known to follow the F distribution with 1 numerator degree of freedom.

In mean square error distributing the error or sum of squares by its associated degrees of freedom $n-2$. Significance Value describe the rejection and acceptance of null hypothesis (Sawyer, 2009). The above table illustrates the significance value higher than significance P value which is $<.001b$. The studies of parents and child relationship, respondent parents disagreed with the affective behaviour with their child (Leijse et al., 2023; Moretti & Peled, 2004) Hence, the statement rejected that “social media usage affect the behaviour of higher secondary school students towards their parents”

Ho2: The physical activity of higher secondary school student’s physical well-being due to engrossment in social media platforms.

The findings from the study underscore a unanimous agreement among students across various schools regarding the impact of social media on the physical well-being of higher secondary school students. A high percentage of students concurred on this aspect, indicating a widespread recognition of the influence of social media on physical health. However, when examining specific behaviours related to physical activity and media usage, a notable portion of students expressed disagreement. For instance, a significant percentage disagreed with the habit of using phones during walks and using media to postpone exercise. This discrepancy suggests a nuanced understanding among students regarding the relationship between social media engagement and physical activity.

Regarding the impact on parent-adolescent relationships, findings varied across schools. While some students disagreed with the notion that social media affects parent-adolescent behaviour, others expressed agreement, particularly in the context of using social media alone at home. Despite attempts to control for variables such as social media usage time and age, the longitudinal design revealed consistent agreement among students regarding the impact on physical well-being.

Strengths of the study include its longitudinal design and large sample size, facilitating a comprehensive understanding of problematic social media usage among higher secondary school students. However, limitations exist, such as the potential for sampling bias, indicating the need for future research to ensure greater representativeness.

7 CONCLUSION

The findings of this study shed light on the nuanced relationship between social media usage and

adolescent well-being, particularly in the context of parent-adolescent relationships and physical health. Contrary to expectations, the study revealed that social media usage does not significantly influence parent-adolescent behaviour in Faridabad District. However, concerning physical well-being, the results indicate a notable impact of social media on higher secondary school students, suggesting a need for greater awareness and preventive measures.

These findings underscore the critical role of parent-adolescent relationships in shaping adolescent well-being, highlighting the importance of early intervention and dialogue surrounding social media use. Moving forward, it is imperative for educators, parents, and policymakers to engage in ongoing discussions regarding the potential risks and benefits of social media, particularly in relation to adolescent development. Moreover, recognising behaviour and physical well-being as key determinants of personal growth, efforts to address the negative influences of social media must remain a priority to foster healthier, more resilient adolescents in Faridabad and beyond.

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