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## A CRITICAL STUDY ON SOCIAL MEDIA ADDICTION STATUS ON DEATH ANXIETY (DA) OF B.ED STUDENTS

*Alka Tomar, Research Scholar, Dept of Education, Maharaja Agrasen Himalayan Garhwal University, Uttarakhand*

*Vinita Vashishtha, Research Guide, Dept of Education, Maharaja Agrasen Himalayan Garhwal University, Uttarakhand*

### ABSTRACT

A social networking service is a tool for creating social networks or relationships between individuals who have common interests, activities, backgrounds, and connections in real life. The qualities of participation, openness, discourse, community, and connectedness define social media. The foundational Web 2.0 technologies of social media offer an infrastructure that enables potentially geographically distant people with shared interests to interact and work together online without the need for centralized organization. Blogs, wikis, media sharing platforms, and social networking websites are just a few examples of tools and services. Young children, adolescents, and adults regularly utilize multimedia, such as mobile phones, the internet, television, video games, and others; it is a crucial aspect of their daily lives because they rely entirely on it for their studies, communication, amusement, and other activities. One cannot picture life without multimedia, even for a day. It has made life more pleasant and easy. Utilizing multimedia is crucial to make daily tasks easier, but abnormally excessive and unneeded use of it can cause addiction and make life more challenging. Students who spend excessive amounts of time online, on their phones, playing video games, or watching television may find that they have less time for other social relationships, particularly those based on face-to-face connection, which makes them feel lonely. Although there are many purposes for multimedia, including for communication, education, entertainment, etc., excessive usage of these uses has led to adolescent addiction. The reliance involved is one of an addictive disorder's most significant traits. Even though the disease of multimedia addiction harms the teenager and interferes with other activities, the addict adolescent may be unable to cease engaging in this behavior. The Internet, television, video games, and mobile devices are the most common sources of multimedia addictions.

**KEY WORDS: Social Media, Addiction, Psychological Counselling, Digital Revolution, Multimedia, Communication, Death Anxiety, Need and Interaction, B.Ed Students.**

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## **INTRODUCTION**

A social networking service is a tool for creating social networks or relationships between individuals who have commonalities in their interests, hobbies, backgrounds, or social connections. Each user's representation (typically a profile), his social connections, and a number of extra services make up a social network service. Web-based social networking services enable users to set up a public profile, compile a list of other users with whom they want to connect, and browse and switch connections between users. The majority of social network services is web-based and offer ways for users to communicate online, such email and instant messaging. Social networking sites come in a variety and also include new information and communication options like blogging, photo/video sharing, and mobile connectivity. Online community services are occasionally referred to as social network services, despite the fact that, in a larger sense, the term "social network service" typically refers to an individual-centered service as opposed to that of "online community service," which is group-centered. Users of social networking sites can communicate with people in their network by sharing thoughts, photos, postings, activities, events, and hobbies. Social psychology, sociology, statistics, and graph theory all played a role in the development of the study of social networks, which is an intrinsically interdisciplinary academic topic. Jacob Moreno is credited with creating the first sociograms in the 1930s to investigate interpersonal interactions. Georg Simmel wrote early structural theories in sociology emphasizing the dynamics of triads and "web of group attachments." In the 1950s, these methods were mathematically codified, and by the 1980s, social network theories and methodologies were widely used in the social and behavioral sciences. One of the main paradigms in modern sociology is social network analysis, which is widely used in many other social and formal sciences. It belongs to the young discipline of network science along with other complex networks.

## **PERSONALITY AND MULTIMEDIA**

Personality is a dynamic and structured collection of traits that an individual possesses and that affect how they think, feel, and act in different contexts (Haghshenas, 2006). Personality, according to Rose et al. (2010), is "the enduring emotional, Describes an individual's

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interpersonal, experiential, attitudinal, and motivational style and how it explains their conduct in various circumstances. In the daily lives of adolescents, mobile phones, television, video games, movies, and the internet have taken on prominent roles. Multimedia has shown to have tremendous effects on adolescent social, cognitive, and personality development that may be both beneficial and detrimental. The way that adolescents develop their personalities is greatly influenced by all forms of multimedia. Early signs of media addiction are associated with detrimental personality changes in adolescents. **Students** who utilize multimedia excessively develop high technical skills but poor real-world practical skills. It helps young people live in their fantasy world by removing them from the real world. **Students** are discouraged from engaging in outdoor activities with their friends and families due to the time they spend on multimedia through the Internet, mobile devices, television, and video games. When **students** play video games and fall short of their goals, their levels of anxiety and sadness soar. Video game violence instills violent behavior in players and has a negative impact on their personalities. Adolescents spend a lot of time on social networking sites like Facebook, Instagram, Whatsapp, and Twitter and are psychologically attached to these platforms. Adolescents' vocabulary has completely changed as a result of social networking sites, which also worsen their spelling and grammar. Additionally, social networking site messages lack proper syntax. Poor spelling, grammar, and punctuation have a negative impact on an adolescent's personality. Addiction to excessive use of all forms of media can lead to unhealthy lifestyles, poor time management, and increased risk of depression, anxiety, and other psychiatric illnesses in teens. Students may discover that they have less time for other social ties, particularly those focused on face-to-face connection, which makes them feel lonely if they spend too much time online, on their phones, playing video games, or watching television. Multimedia has various benefits, including for communication, education, entertainment, and other things, however overuse of these uses has resulted in adolescent addiction. One of the most important characteristics of an addictive disorder is the reliance involved. The sickness of multi-media addiction may prevent the adolescent from quitting engaging in this habit, despite the harm it causes and the disruption it causes to other activities. The most prevalent sources of multimedia addictions include the Internet, television, video games, and mobile devices.



## **SOCIAL MEDIA ADDICTION**

A person who has a real addiction develops a compulsive need for a certain type of stimulation to the point where getting a consistent supply of that stimulation becomes the only and main goal of their lives. In his need to stay engaged, the addict increasingly puts his responsibilities at work, his relationships, and finally even his health last. A process called as tolerance happens in some types of addiction, such as addiction to alcohol or heroin, when increasing amounts of stimulation are needed to create the same pleasurable impact. Withdrawal is a related phenomenon where the addicted person becomes dependent on their source of stimulation and has extremely unpleasant (and even potentially fatal - as can be the case with alcohol) reactions when he is without it. Chemical (as in the case of addictive substances like alcohol, cocaine, nicotine, and heroin), sensuous (as in sex), or even informational sources can provide addictive stimulation (as in gambling or work holism). All sources of addictive stimulation have one thing in common: they cause a strong, initially favorable reaction in the potential addict, who then seeks out the source of that stimulation to repeatedly experience that sensation. There is disagreement among mental health practitioners over the existence of Internet addiction. Nobody contests the fact that some people use the Internet compulsively to the point where it affects their ability to perform socially and at work. It is debatable whether or not users may become dependent on the Internet itself, or just the stimulation and knowledge it offers. The debate around internet addiction centers on whether users grow dependent on the internet itself or the excitement it provides (such as online gambling, pornography or even simple communication with others via chat and bulletin boards).

## **INDIA AND INTERNET ADDICTION**

On social networking sites, users communicate with friends they know in real life and connect with others through social or public profiles who have interests similar to their own. For some individuals, addiction to social networking sites causes mental health issues. So, this is another issue related to addiction. One study looked into the connection between sadness and internet addiction. They discovered that people with high levels of depression



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spent more time playing games and shopping, whereas people with low levels of sadness spent more time sending emails and visiting chat rooms (Morgan, C.2004).

From a few decades ago, India developed into an information technology society. The first Internet Service Provider gave countries access to the internet in 1995. (ISP). A few private ISPs are growing along with the internet's popularity. Internet use is essential in modern life; we use it for commerce, information search, and communication.

## DEATH ANXIETY

Thanatophobia, also known as death anxiety, is the fear of dying or ceasing to exist. It is characterized by feelings of dread, worry, or solicitude. Death is characterized as the cessation of both biological and social life and a condition of not-being. According to Belskey (1999), "Death Anxiety is the thoughts, anxieties, and emotions we have about that final event of life when our lives are more normal" Age, environment, religious faith, and ego integrity, or a sense of personal fulfillment and self-worth, are some of the different elements psychologists have researched in an effort to quantify death anxiety. According to Erikson's Psychosocial Theory, "ego integrity" is gained in later life. This theory contends that as people age, they go through a succession of crises. When someone finds acceptance for and significance in their lives, that is. When a person enters late adulthood, Erikson suggested, he does a life review. A person has integrity if he or she discovers meaning or purpose in their lives. On the other hand, one does not achieve ego integrity if they view their life as a succession of missed opportunities (Belskey, 1999). Older adults with ego integrity ought to experience less fear of dying.

## RESEARCH METHODOLOGY

- **PHASE-1:** This stage was designed to assess the impact of gender, the status and engagement of social media addiction and all psychological variables, including social media addiction, well-being, emotional speech, death anxiety, body image, and the need for psychological therapy.
- **PHASE-2:** This stage was intended to examine the importance of the cognitive behavioural therapeutic module (CBTM) through personal counselling as a therapeutic



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intervention to alleviate social media addiction and its related psychological health adversity, including social media addiction, well-being, emotional speech, death anxiety, body image and psychological counselling.

**SAMPLE** - Sample information for both stages is defined as follows—

The total sample consisted of 150 respondents aged 25 to 30 years from different academic institutes located in Uttar Pradesh, India. The purposeful sampling method was used as students to constitute the sample; those recorded for the analysis were chosen for their participation in social media activities. The study consisted of two sub-groups that were social media addicts. Based on their ranking on social media addiction checklist (n=75) and social media non-addict community (n=75). For clinical intervention, 15 respondents from the addicted social media community were chosen.

## **PROCEDURE**

- Data on the assessment of social media addiction, well-being, emotional expression, death anxiety, body image and psychological therapy needs were gathered from the respondents (N= 150). After discussing the intent of the present study, the schools to be visited for the pilot study and permission from the respective principals was obtained. In each grade, a timetable was therefore developed and respondents from the respective classes were approached. On the social media addiction checklist developed by Chouhan & Joshi, these respondents were screened. Those ranked above 20 were included in the category of social media addicts and those ranked below were assigned to the non-addict social media group. Each community was made up of an equal number of adolescents, male and female. Thus, four experimental groups were formed in total.
- Addicted groups of social media addicts were approached after taking permission from the respective academic administrator or authority. They were informed at their academic premises of the availability of therapeutic intervention for them. A total of 15 students addicted to social media have shown their consent to engage in clinical intervention. These students addicted to social media were told about the time



schedule for therapeutic intervention. Out of these 15 addicted students to social media, only 13 were subjected to the planned clinical intervention, while 2 were dropped for personal reasons. Students addicted to social media have sought treatment

## **STATISTICAL APPROACH**

This study included mean (M) and standard deviation (SD) with graphical representation of gender (Male & Female) and social media addiction status (SM Addict & SM NON-Addict) on well-being assessment, emotional speech, death anxiety, body image, and the need for psychological therapy. Using SPSS (Version 17), the collected results are explained in this research under descriptive and inferential analysis, and speculative hypotheses are examined in the context of the body of current research.

## **RESULTS AND DISCUSSION**

### **DEATH ANXIETY**

Death is a very private matter, and each person's interpretation of it is unique. Everyone must eventually accept death as a natural part of life. As a result, acknowledging one's mortality and impending death is something that everyone must do. Fear of death is arguably the most common attitude. The cause of the phenomena of death anxiety is the idea that, unlike other psychometric tests of this kind, not everyone perceives death in the same way. Thanatophobia, often known as death anxiety, is the fear and uncertainty of one's own demise. It is a neurotic dread of losing oneself that, in a particularly strong form, parallels a sense of hopelessness and sadness.



**TABLE-1: SUMMARY OF ANALYSIS OF VARIANCE FOR DEATH ANXIETY**

**(DA)**

Source of Variance	SS	df	MSS	F Value	p
Corrected Model	178.234	3	56.079	7.356	0.001
Intercept	15919.644	1	15939.74	1792.453	0.00
Gender	7.544	1	7.544	0.852	0.492
SMA Status	161.8	1	169.8	18.994	0.00**
Gender * SMA Status	0	1	0	0	1.00
Error	1034.144	117	9.93		
Total	17029	121			
Corrected Total	1289.478	120			

**\*Significant at 0.05 level, \*\* Significant at 0.01 level**

As shown in result table-1, analysis of variance revealed the computed f values for gender, social media addiction status, and their interaction on the measure of death anxiety (DAS). Social media addiction status is endorsed as significant, while gender and the interaction between these considered factors are verified as insignificant. Based on the findings, it can be said that students' excessive use of social media contributes to a high prevalence of death anxiety, although gender differences individually or collectively do not influence one's propensity to worry about one's own death.



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## Death Anxiety and Gender Difference

**Hypothesis-** Gender will not be significant on measure of death anxiety for students.

**TABLE-2: DESCRIPTIVE AND F VALUE FOR GENDER ON DEATH ANXIETY (DA)**

Gender	Mean	SD	f	p
Male	12.36	4.104	0.843	0.493
Female	11.89	4.228		

The analysis of variance (F value) for gender on the death anxiety scale (DAS) is shown in Table-2 and is deemed to be insignificant ( $F = 0.843$ ,  $p = 0.493$ ). The findings showed that both males and females share a similar level of anxiety over their own deaths.

Thanatophobia, also known as death anxiety, is a neurotic fear of losing oneself, and its severe state is compared to feelings of hopelessness and depression. The word "gender" is frequently used to categorize a person's reproductive system's anatomy as either male or female. However, the term of gender in the social sciences refers to much more than only biological sex. It alludes to socially manufactured notions of what one ought to believe and do based on one's sexual orientation. The impact of gender on a variety of life factors has been acknowledged, including resource availability, stress management techniques, interpersonal styles, self-evaluation, spirituality, and a person's level of concern about death. In the previously mentioned context, a sizable body of studies addressed higher death anxiety in favor of females. Studies by Adam, Cohen, Jacqueline, Chambers, and Meadea (2007) on gender differences in religious orientation and death anxiety among high school and college students have found that women report higher levels of extrinsic religiosity and death anxiety than men, though the reasons for this are still unknown. Similar to MacKenna, Lydia (2007) found that women have much more death dread than men do. Additionally, Chelgren (2000) found that women have much more death dread than men do. Numerous



research by Hayam'set further support the significant incidence of death anxiety among women. Khalek and Omar (1988), All (1982), John, Pierce, et al. al.(1982) etc. In conclusion, it has been discovered that women, regardless of age, marital status, religion, parental divorce status, locality, etc., have higher levels of death fear than men (Brubeck & Beer, 1992; Hunt & Rosenthal, 1997 etc). Although the findings were all centered on mortality worry in the adult and elderly population. There isn't much research on the DA construct for the student population as far as the current study is concerned. Contrary to earlier findings, the current study found no significant differences in students' self-destructive fear. Statistical analysis does not definitively show that gender affects students' level of fear about dying. The results of the current study are partly consistent with those of Robbins (1989) and Templer, Lester, & Ruff (1974), who demonstrated that "femininity" is a stronger predictor of death anxiety than gender.

The examined null hypothesis (Hypothesis-g) has been confirmed correct and is therefore adopted here, despite the discrepancy with previous literature. Gender is analyzed as insignificant to determine amount of dread or apprehension over mortality among students in the present findings.

### DEATH ANXIETY AND SOCIAL MEDIA ADDICTION STATUS

**Hypothesis** - There will be no significant difference between social media addict and social medianon-addict students in their level of death anxiety.

**TABLE-3: DESCRIPTIVE AND F VALUE FOR SOCIAL MEDIA ADDICTION STATUS ON DEATH ANXIETY (DA)**

Addiction Status	Mean	SD	f	p
Addict	13.28	3.395	18.995	0.00**
Non-Addict	10.99	4.427		

\*Significant at 0.05 level, \*\* Significant at 0.01 level



Table -3's results show an analysis of variance for students' death fear scores, with the results endorsed as significant in favor of social media addicts ( $F = 18.995$ ,  $p = 0.00$ ). The exact results showed that the prevalence of death anxiety was much higher in the social media addict group of students than in the non-addict group. Based on the results, it can be stated that social media addiction greatly contributes to students' increased dread of dying and that the occurrence of higher death anxiety is highly correlated with it. Although no empirical evidence has been found to date to link excessive social media use to a higher chance of developing death anxiety, However, Partouche-Sebba (2015) reported using social media as a mechanism for reducing anxiety and backed the Terror Management Theory (Greenberg, Pyszczynski, and Solomon, 1986). This theory contended that the clash between the awareness of human mortality and the instinctive drive for self-preservation creates a potential for anxiety. People try to live meaningful and worthwhile lives through a variety of strategies, one of which may be the use of online social networks, which might act as a buffer against potential death fear.

The current results examined social media addiction as big enough to enhance students' death dread in order to fill the gap in the research on social media dependency and psychological risk factor. The examined null hypothesis (Hypothesis-h) has been rejected in this study because it hasn't been verified, which supports the current finding.

### **DEATH ANXIETY AND INTERACTION EFFECT**

**Hypothesis** - Male and female students of social media addict group will be significantly higher from male and female students of social media non-addict group on their measure of death anxiety.



**TABLE -4: DESCRIPTIVE AND F VALUE FOR INTERACTION ON DEATH ANXIETY (DA)**

Experimental Groups	Mean	SD	f	p
A1B1	13.6	3.545	0.055	0.803
A1B2	11.3	4.223		
A2B1	13.05	3.253		
A2B2	10.75	4.659		

Where = A1 – Male, A2 - Female, B1 –Social Media Addict & B2–Social Media Non-Addict

The analysis of variance (ANOVA) for the interacting effect of gender and level of social media addiction on students' fear of dying is presented in Result Table 4.13 and is deemed to be insignificant ( $F = 0.055$ ,  $P = 0.803$ ). Although the descriptive values for all experimental groups on the measure of death anxiety for the considered sample of students showed a higher incidence of death anxiety for both social media addict groups (A1B1 & A2B1) compared to both social media non-addict groups (A1B2 & A2B2), this can be attributed to the individual roles of these two factors for death anxiety among students. However, when their interaction is taken into consideration, it is not significant for the same.

Death anxiety is a problem that affects people of all ages, although it is more common in the elderly. The factors linked with this construct should be the focus of investigation because death anxiety lowers one's well-being. Although there is literature on death fear in relation to several factors, such as gender, age, etc., the decisive statement regarding social media addiction is still uncertain due to methodological restrictions and the challenges inherent in this issue. Studying death anxiety among students in relation to social media addiction status is motivated by earlier research that found that when social media is utilized in comparison,



there is a higher likelihood that depressive symptoms will be present (Steers et al., 2014; Tandoc et al., 2015). However, a critical examination of the research does show that factors like stress, age, gender, etc. have an impact on death anxiety alone, while little is known about their interactions. Other than taking death dread into account when examining general anxiety, Krylova (2017) found no gender-specific differences in the depressive emotions brought on by social media use. However, it was discovered that more males reported feeling excluded from social media use as the reason for their sorrow, while only females claimed that their emotions of sadness were brought on by spending too much time on social media and thinking back on the past. This might result from social pressures and psychological disparities between genders that exist in modern society. The most common cause of sorrow that both men and women expressed was jealousy on social media.

The null hypothesis (Hypothesis-I) in this regard has been proven true and is therefore accepted here. The present finding appears unique in the context of death anxiety as it sheds light on the interactive role of gender with social media addiction status by revealing insignificant association between these two constructs to determine students' level of death anxiety.

## CONCLUSION

Social media has gained popularity over the past few decades, especially with the development of digital technology. Although there are many great aspects of social media, such as quick contact around the globe, it is also acknowledged that there are drawbacks to using them regardless of gender, age, or culture. In order to give balanced and effective advice and assistance, those working in the field of health across all age groups—including children and **students**, parents, educators, and families—need to be aware of the spectrum of difficulties associated to excessive reliance on social media. Social media addiction is a relatively new idea or phenomena, there aren't any tried-and-true methods of diagnosis or therapy. At the level of primary care, emerging concerns are typically not understood. This ailment has a wide range of manifestations, from moderate to very severe, and each requires a unique strategy from an expert to treat. It is also evident that addiction to social media



frequently coexists with other mental health conditions such substance misuse, depression, anxiety, and discomfort. The importance of screening, preventing, and treating a kid or adolescent with social media addiction (SMA) with various preventive and therapeutic techniques cannot be overstated. All of these conditions can be successfully addressed and treated by a professional.

## DEATH ANXIETY

- **Students** of both sexes are found to have similar fears about their own demise ( $F = 0.741$ ,  $p = 0.391$ ).
- The prevalence of death anxiety was shown to be significantly higher in the group of **students** who use social media than in the group who don't ( $F = 17.993$ ,  $p = 0.00$ ).
- The interaction between a **students'** gender and their use of social media has no bearing on their fear about dying ( $F = 0.053$ ,  $P = 0.701$ ).

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