

Assessment of Social Media Use and Depressive Behavior of Adolescents (14-18 Years) and Awareness of Parents Regarding Social Media Addiction among Adolescents

Jaimi Elizabeth^{1*} and Dhanya N²

¹Post Graduate Student, Department of Home Science, St. Teresa's College, Kerala, India

²Assistant Professor, Department of Home Science, St. Teresa's College, Kerala, India

Abstract

The present study "assessment of social media use and depressive behaviors among adolescents and their parents" included 100 adolescents between the age group of 14-18 years and their parents. A self-designed questionnaire for adolescents and their parents was developed to evaluate their knowledge of the impacts related to the usage of social media. The data gained was analyzed via percentage analysis.

Keywords: Adolescents; Parents; Screen Addiction; Social Media

Introduction

Adolescence is the most vulnerable period of human development and most of the individuals are negatively influenced by environmental factors during adolescence. Many addictive behaviours came to occur during this period including social media addiction, drug addiction etc., and it will eventually affect their future development. Of this, social media plays an important role in the development of adolescents. Most children rely on social media for everything, the risk of addiction is extremely high [1, 2].

***Corresponding author:** Jaimi Elizabeth, Post Graduate student, Department of Home Science, St. Teresa's college, Kerala, India, Tel: +91 9497588464, E-mail: jaimyelezbeth564@gmail.com

Received: 15-May-2023, Manuscript No: jcalb-23-98774; **Editor assigned:** 16-May-2023, PreQC No: jcalb-23-98774(PQ); **Reviewed:** 29-May-2023, QC No: jcalb-23-98774; **Revised:** 5-June-2023, Manuscript No: jcalb-23-98774(R); **Published:** 12-June-2023, DOI: 10.4172/2375-4494.1000521

Citation: Elizabeth J, Dhanya N (2023) Assessment of Social Media Use and Depressive Behavior of Adolescents (14-18 Years) and Awareness of Parents Regarding Social Media Addiction among Adolescents. J Child Adolesc Behav 11: 521.

Copyright: © 2023 Elizabeth J. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

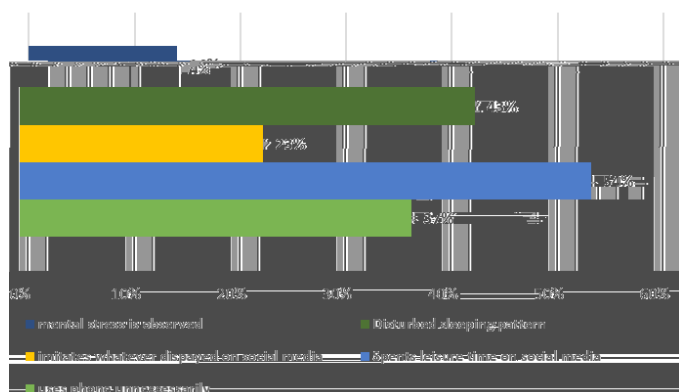


Figure 7: Awareness of parents regarding social media usage of children.

class taken by the resource person on “impact of social media among adolescents”.

From them it was interesting to note that 62 percent of the respondents understood the concept and was satisfied with the information they have gained on social media usage. Cent percent of the respondents accepted that the webinar provided adequate information regarding all the essential concepts of social media. Around 94 percent of the participants pointed out that they learned the fact related to mental health effects of social media among teenagers and how to rectify such situations. In total, 72% of the participants rated very good for the overall efficacy of the program conducted [8, 9].

Conclusion

The present study discusses “social media use and depressive behaviour of adolescents and assessing the awareness of parents regarding social media addiction among adolescents”. This study enables parents and adolescents to understand social media addiction through the questionnaire provided. It also analyses their awareness regarding the depressive behaviours caused by social media use.

The study concluded that more than half of the participants were aware of social media addiction and mental health issues due to social

networking sites. Majority of the parents have an opinion that their child is being addicted to social media and it has been reflected in their behaviour especially in academics. The awareness session was beneficial for both parents and adolescents as it provided adequate information regarding the selected topic [10].

Conflict of interest

None

Correspondence

None

References

- Miech RA, Johnston LD, O'Malley PM, Bachman JG, Schulenberg JE, et al. (2022) Monitoring the Future National Survey Results on Drug Use, 1975-2021: Volume 1, Secondary School Students. Institute for Social Research. 2022 Jun.
- Miech RA, Johnston LD, Patrick ME, O'Malley PM, Bachman JG, et al. (2023) Monitoring the future national survey results on drug use, 1975-2022: Secondary school students. *Ann Arbor* 597: 1.
- Andrade FH (2014) Co-occurrences between adolescent substance use and academic performance: school context influences a multilevel-longitudinal perspective. *J Adolesc* 37: 953-963.
- Hicks BM, Iacono WG, McGue M (2010) Consequences of an adolescent onset and persistent course of alcohol dependence in men: Adolescent risk factors and adult outcomes. *Alcohol Clin Exp Res* 34: 819-833.
- Jones TM, Hill KG, Epstein M, Lee JO, Hawkins JD, et al. (2016) Understanding the interplay of individual and social-developmental factors in the progression of substance use and mental health from childhood to adulthood. *Dev Psychopathol* 28: 721-741.
- Gray KM, Squeglia LM (2018) Research Review: What have we learned about adolescent substance use?. *J Child Psychol Psychiatry* 59: 618-627.
- Paruthi S, Brooks LJ, D' Ambrosio C, Hall WA, Kotagal S, et al. (2016) Recommended amount of sleep for pediatric populations: a consensus statement of the American Academy of Sleep Medicine. *J Clin Sleep Med* 12: 785-786.
- Tarokh L, Saletin JM, Carskadon MA (2016) Sleep in adolescence: Physiology, cognition and mental health. *Neurosci Biobehav Rev* 70: 182-188.
- Wheaton AG, Claussen AH (2021) Short sleep duration among infants, children, and adolescents aged 4 months-17 years-United States, 2016-2018. *Morb and Mor Week Rep* 70: 1315.
- Kansagra S (2020) Sleep disorders in adolescents. *Pediatr* 145: 204-209.