

Digital Media and Psychological Well-being in Youth

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Abstract:

The most of earlier studies have shown that Young generation who use electronic device on a regular basis suffer from a number of detrimental effects, including increased loneliness and a loss of other activities that promote wellbeing, including socializing or playing sports. At the same time, media consumption also has beneficial effects, such as meeting demands for relatedness, competence, and autonomy or reducing stress and everyday inconveniences. Media can have both beneficial and detrimental effects on mental health. Though of the study has provided empirical data about its relationship to the primary psychological well-being (PWB) concept. Present studies have revealed a significant growth in the usage of new technologies, such as touchscreens or tablets, on mental health.

Researcher examines the relationship between digital media consumption and psychological well-being. The amount of time spent on screens and the degree of compulsive internet use were used to analyse the use of digital media. According to researcher analysis internet use and screen time length are not substantially correlated with low psychological well-being. In conclusion, the current discussion might be interpreted as a range of potential media effects on psychological risk.

Keywords: Digital media, compulsive internet use, psychological well-being, Young Generation

Introduction:

The Internet has rapidly expanded as a communication tool for people of all ages during the last twenty years. a growth in the number of people using the internet worldwide. It's becoming easier to own screen devices like smartphones and tablets these days. The internet is becoming more widely available, digital media has become an essential part of social life, as seen by the high numbers of huge sales. There is strong evidence that the group of late adolescents and early adults are the biggest users of digital media, with youth (ages 18 to 24) being the most significant demographic using social media.

The study of how media affects young people psychologically is becoming more and more important, but it is more complicated by worries about unexpected consequences rather than its benefits (Reinecke and Oliver,). It has been argued that media helps adolescents complete developmental objectives, such as meeting their requirements for relatedness, competence, and autonomy (Tamborini et al., 2011). However, using the internet can improve social relationships by helping to preserve and grow social resources, make new acquaintances, and obtain social support (Trepte, Dienlin, and Reinecke,).

Daily internet use has a number of drawbacks in addition to its benefits. According to research on teenagers, regular computer and internet use might lead to loneliness and replace other activities that promote wellbeing, like socializing or playing sports (Vandelandotte et al., 2009). According to a 2009 study on daily internet use among adolescents, internet use was indirectly linked to feelings of depression, low self-esteem, and loneliness (Van den, et al.).

Present study shows that while increased internet use increases the likelihood of loneliness among adolescents, (Bozoglan, Demirer and Sahin, 2013). It also results in lower levels of enjoyment and self-esteem. Based on the available data, it appears that internet use lowers the wellbeing of the younger generation. (Musses, et al.,)

Internet use is frequently difficult to regulate. Users lose control over their online behaviour because they become so engrossed in particular internet applications or information. Consequently, the incapacity to regulate internet usage has evolved into a sign of compulsive internet use (Chou and Hsiao, 2000), which is also known as online addiction in other literature (Young, 1998). As a result, compulsive internet users will display compulsive behaviours such as (a) feeling bad when using the internet is not possible, (b) wanting to use the internet but failing to do so, (c) using the internet to avoid unpleasant emotions, and (d) having an intention to use the internet that controls one's thoughts and actions. and (e) the ensuing interpersonal or internal conflict brought on by internet use (Meerkerk et al., 2008).

Since screen-based media take up a significant amount of young people's discretionary leisure time, obsessive internet use makes the younger generation particularly vulnerable. According to Van der et al. (2009), the relationship between daily internet use and adolescent well-being was mediated by compulsive

internet use. Thus, there are two ways to look at how the internet affects wellbeing. Daily internet use, or the amount of time spent on screen-based activities, comes first, followed by compulsive internet use.

The impact of media use on wellbeing remains strong even with its increasing significance. Although it is evident that teenage well-being is correlated with digital media use, no research has provided empirical proof of the relationship between media use and psychological well-being or the direction of the influence (Reinecke and Oliver, 2017). Therefore, using Ryff's definition of psychological well-being, the current study looks at the relationship between screen-based activities on the internet and psychological well-being.

In conclusion, it is anticipated that this study will serve as a reference for the advancement of psychological sciences, particularly in the field of cyber psychology, and will deepen our knowledge of how internet use affects Indonesian youth psychological health. The current study examined the relationship between digital media and psychological well-being in teenagers aged 16 to 24.

Methodology:

Objectives:

1. To investigate the relationship between digital media use and symptoms of Stress, loneliness and depression.
2. To examine the impact of digital media use on self-esteem, and social relationships.
3. To identify the correlation of digital media platforms & psychological wellbeing.

Research Questions:

1. Is there a significant correlation between digital media use and symptoms of Stress, loneliness and depression?
2. Do digital media platforms have impact on psychological wellbeing?

Method

Study is based on secondary research Methodology, such as content analysis of Research Paper, books periodicals and online resources etc.

Discussions

There is a dearth of research on the relationship between digital media use and internet use and psychological wellbeing, so this study aims to analyse the relationship between digital media use and internet compulsivity and psychological wellbeing. The study also looked at the relationship between the independent variable and the dependent variables measured by conducting a separate correlational analysis.

Research indicate a connection between compulsive internet use and everyday usage levels. According to Van der Aa et al. (2009), those who spend a lot of time on the internet are more likely to be compulsive. Accordingly, the amount of time spent on internet-based screen activities in this study consistently showed a linear relationship with compulsive internet use, confirming the findings of studies that the more time spent on the internet, the higher the level of compulsive internet use. According to research compulsivity was higher in male youth than in female youth. The studies have found that CIU is more common in men than women, in both Eastern and Western nations (Ciarrochi et al., 2016).

The present study found that gaming and social media use were substantially associated with compulsive internet use. Ciarrochi et al. (2016) This study on compulsive internet use and found that while women were more likely to participate in online communication activities, men were more likely to play video games. In a similar vein, the current study also suggested the existence of typical sex screen activities. In fact, it was discovered that the use of social media was the activity that female samples spent the most time on, while gaming was the activity that male samples spent the most time on. Another intriguing discovery is that there is a substantial association between the CIU and social media for women and gaming for men. The findings show that whereas CIU was linked to social media involvement for women, it was linked to video game use for men.

Regarding young psychological well-being, the current study found no significant relationship between compulsive internet use and psychological well-being or the amount of time spent on internet screen-based activities (digital media). The evidence that is now available seems to indicate that internet use did not contribute to the overall psychological well-being of the Young generation in this group. It ran counter to the original hypothesis that using the internet would have a detrimental impact on psychological well-being. The current study's findings appear to be at odds with those of other studies that attempted to look into the relationship between screen time and psychological well-being. and Sharma and Sharma's (2018) studies suggested a positive correlation between psychological well-being and problematic internet use, or internet addiction.

Present study did not yield the anticipated outcome; it did confirm Chen and Persson's (2002) findings, which found no correlation between psychological well-being and internet use (defined as the average amount



of time spent on the internet each week). There are a few reasons why internet usage did not correlate with psychological well-being. Chen and Persson (2002) also explained in relation to their research findings, which are consistent with the findings of the present study. The first explanation could be that participants' average screen time was less than two hours. It concludes that participants used the internet-based screen activities for an average of no more than 19 hours, indicating a reasonable amount of time spent online. Furthermore, studies have indicated that psychological well-being is influenced by an individual's feelings when engaging in online activities, such as happiness or guilt, rather than the amount of time spent on the internet (Chen and Persson, 2002).

There was no significant correlation between compulsive internet use and the overall psychological well-being score in this study. There could be a number of explanations for why the anticipated association was not discovered. PWB level was likewise dispersed at a moderate to high level, which subsequently impacted the weak connection between the variables.

There are other research findings that should be mentioned in order to explain why, in certain instances, problematic internet usage—defined in this study as compulsive internet use or, in other studies, internet addiction—did not significantly influence psychological well-being. Nugraini and Ramdhani (2016) examined the excessive use of the internet by 206 Indonesian adolescents aged 16 to 24. They found that the association between internet use and psychological well-being is mediated by individual characteristics. According to their findings, people who are less socially adept and use the Internet excessively are more likely to have poorer psychological health. It implied, therefore, that other factors, in this case personal traits like social skills, attempted to moderate the relationship between internet-based activities and psychological well-being.

Referring back to the existing evidence, screen time is strongly correlated with CIU, particularly in social media and gaming. Therefore, it would seem reasonable to speculate that both of these behaviours could be indirectly linked to the low degree of self-acceptance. Given how much research suggests social media plays a part in self-representation, this argument may be more persuasive for social media use. Chou and Edge (2012), for example, discovered that heavy Facebook users tended to support a strong sense that life was unfair and were more likely to think that their online friends had happier lives than they did. In other words, someone who spends a lot of time on social networking sites, like Facebook, tends to have distorted perceptions of how good other people's lives are in comparison to their own. Put another way, it shows how inadequate they are in accepting themselves as a result of comparing themselves to others they see on social media.

People may feel depressed after looking at other people's profiles due to unpleasant comparisons; they may feel that their lifestyles are not as glamorous as others'. In her analysis of the research, Toma (2017) examined the impact of Facebook representation on emotional health. It is suggested that self-perception is skewed by some heuristics, like correspondence bias, which causes people to believe that the behaviour of others reflects their character and consistent tendencies rather than contextual elements. Consequently, it causes social media users to believe that the attractive profile they see on social media represents their true selves, which makes them believe falsehoods..

Conclusion:

This study aims to investigate the relationship between compulsive internet use and digital media consumption and psychological well-being. The analysis showed a negligible relationship between PWB's compulsive internet use and digital media use. The study only considers one idea of well-being, such as stress, loneliness, or depression, it also provides more intriguing findings about media consumption and psychological well-being.. In conclusion, raising a person's degree of self-acceptance can help mitigate the negative consequences of obsessive internet use among Indonesian youth.

In sum up, the present study offers fascinating results and also addresses the research gaps on how people view the internet in relation to self-acceptance and emotional health. Internet use may have a minor impact on psychological wellbeing,

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