

A Comparative Study of Mental Health of Social Media User and Non-User

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ABSTRACT

The study was conducted to investigate the mental health of Social Media User and Non User College Students. 2 x 2 factional design was used. Data collections were done with help of Inventory Mental Health. Mental health Inventory developed by Dr.A.K.Srivastva (1984) and Gujarati version by Bhal Jatin (2005). The sample was taken by stratified random method total 80 samples of Students were taken Social Media User and Non User College Students from Ahmedabad city. Among them 40 from Social Media User 20 Boys and 20 Girls and Social Media Non User 20 Boys and 20 Girls. The collected data statistically analyzed with the help of 't' test. Result showed that; There is significant difference between Social Media User and Non User College Students in mental health. There is no significant difference between Boys and Girls in mental health.

Introduction

In India, it is difficult to convince the people the concept of mental health, where the problem of physical health has not yet been solved to sufficient level. The problem of physical health has been solved to some extent in India among the people of the literate society but the picture of mental health is not yet satisfactory. We can say that awareness to some extent has come among the literate group towards the mental problems. One fact is worth drawing attention to that many problems of the Indian culture can be solved by it self if sufficient attention is given to it. We should not forget the mental play a an important role on the individual's creativity, productivity, socialization and efficiency.

Since last few years, the concept of mental health has been accepted at the international level. The definition of 'Health' as given in the constitution of World Health Organization in 1946 is as follows:

“Health is not the absence of disease, weakness only, but it is a situation created from the whole and complete physical, mental and social adequacy.”

“Mental health is the full and harmonious functioning of the whole personality – the three requirements or mental health being full expressing harmonization and the directing to a common end of our nature and acquired potentialities.”

- Hadfield

“Mental health may be defined as the adjustment of individual to themselves and the world at large with a maximum of effectiveness, satisfaction, cheerfulness and society considerate behavior and the abilities of facing and accepting the realities of life.”
- *White House Conference (1929)*

“Mental hygiene is the science and art of maintaining mental health and preventing the development of insanity and neurosis. General hygiene care for physical health only but mental hygiene includes mental health as well as physical health because mental health is not possible without physical. “

– *Webster’s Dictionary*

“Mental health is a science that deals with human welfare and pervades all fields of human relationship.”
- *Crow and Crow*

According to this definition, mental health is not mere absence of diseases, but is a positive situation. Mental health is such a situation in which healthy mental attitudes and healthy personality can be developed. Individuals with healthy personality can effectively face their own problems in life and can successfully come out of the common conflicts and emergencies of life instead of getting trapped in them.

The word ‘mental health’ is used in context to the individual’s situation and also social situation. It is understood as “Mentally healthy individual” and is also meant as “Mentally healthy society” or “The mental health of a social group.” What is expected of a mentally healthy person shall be discussed later in this chapter. The concept of healthy society is similar to an ideal society. When the word “Ideal Society’ is used, it should not be meant as the “Realistic Ideal Society” as presented by Eric Fromm. The realistic ideal society or mentally healthy society is such a society where the exploration of each other is minimum, where each and every individual gets equal opportunities for development, and where each individual can develop his capacities and can realize his ownself.

The meaning of mental health is so broad that physical and moral health is automatically included in it. Hurbert Caro says that if the physical health of the society is good then the mental health of the society is also good. It is not possible to obtain physical health without mental health. Similarly it is also true that problems of moral health arises due to the lack of mental health. The people achieve high standard or moral health whose level of mental health is also high. It has never possible that the society which is morally high is not mentally healthy. Where there is a hollowness in the structure of a society, the mental health is deteriorated and illusion of moral health is created. This type of inconsistency is not seen in such society whose formation is solid. In this manner the meaning of mental health is very broad.

The concept of mental health should be taken ideally but realistically. The line of differentiation between the good mental health and weak mental health is very vague.

Yet this line of differentiation can be identified through specific standards. No society is completely healthy and similarly no society is completely unhealthy. The question is of more or less health. In some societies the mental health is found to be created where the percentage of exploitation, fear, worry or insecurity can be low as possible. It is also necessary to understand the meaning of mental health. Usually the word mental health and mental hygiene are used as synonyms. But now the difference between two words is clarified. Mental health means specific type of mental situation or social situation, while mental hygiene means the plans and programs made to achieve such mental situation and to maintain it. Mental hygiene is the implementation of all the factors necessary to maintain mental health.

Objective

1. To study & Compare the mental health among Social Media User and Non User college Students.
2. To study & Compare the mental health among Boys and Girls.

Methodology

I. Hypothesis

- a. There is no significant difference between Social Media User and Non User College Students in mental health.
- b. There is no significant difference between Boys and Girls in mental health.

Sample

The sample was taken by the stratified random method. Total 80 samples Social Media User and Non User College Students from Ahmedabad city. Among them 40 Boys and 40 Girls.

II. Research Design:

2 X 2 factorial design was used

A₁ = Social Media User

B₁ = Boys

A₂ = Social Media Non User

B₂ = Girls.

III. Tools

A. Mental Health Inventory (M.H.I.)

Developed by Dr. A.K. Srivastava (1982) Reliability was found 0.73. Split Half method, validity was found 0.57. Gujarati version by Bhal Jatin, 2005

IV. Procedure:

In the present scale, 4 alternative responses have been given to each statement. i.e. always, often..4 scores to always- 3 scores to often to scores to rarely and 1 score to never marked. Responses as to be assigned for true keyed (positive) statement whereas 1,2,3 and 4 scores for always, often, rarely and never respectively. In case of false keyed (Negative) statement. The over lined items are negative while remaining positive.

V. Statistics:

Here in this study the “t” test was conducted as a statistical technique to prove the aim.

Result:

Table – 1
‘t’ ratio of the mental health between Social Media User and Non User College Students

| Group | N | Mean | SD | t | Sig Level |
|-----------------------|----|--------|-------|------|-----------|
| Social Media User | 40 | 163.98 | 20.12 | 2.52 | 0.05 |
| Social Media Non User | 40 | 173.37 | 20.72 | | |

According to table 1. There is significant difference 0.05 in mental health between Social Media User and Non User College Students. Therefore null Hypothesis is not acceptable.

Table 2
t ratio of the mental health between Boys and Girls

| Group | N | M | SD | t | Sig Level |
|-------|----|--------|-------|------|-----------|
| Boys | 40 | 165.06 | 22.06 | 1.90 | NS |
| Girls | 40 | 172.25 | 19.09 | | |

N.S. = Not Significant

According to table-2 There is no significant difference in mental health between Boys and Girls. Therefore null Hypothesis is acceptable.

Discussion

There is significant difference between Social Media User and Non User College Students in mental health. Table no. 1 Social Media User and Non User College total Students is 80. Social Media User Students 40 and Social Media Non User Students 40 were tested. The mean sum of the square of mental health test for Social Media User was 163.98, SD 20.12 and for Social Media Non User Students 173.37 and SD 20.72 and **t value 2.52**, which is significant level 0.05 level. The null hypothesis is accepted.

There is no significant difference between Boys and Girls in mental health. Table no. 2 Boys and Girls total is 80 Boys 40 and Girls 40 were tested. The mean sum of the square of mental health test for Boys was 165.06, SD 22.06 and for Girls 172.25 and SD 19.09 and **t value 1.90**, which is significant level 0.05 level. The hypothesis is not accepted. Then, this is not significant level. The hypothesis is accepted.

Conclusion:

1. There is significant difference between Social Media User and Non User College Students in mental health.
2. There is no significant difference between Boys and Girls in mental health.

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