



## ROLE OF SOCIAL NETWORKING SITES USAGE IN WELL-BEING OF STUDENTS

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### ABSTRACT:

New forms of social interaction has been facilitated by the internet; its extensive usability and access is the main reason of this. Mobile phones has made the use of internet even more accessible all over the world. Internet is used by users for various purposes mostly to read daily news, weather forecast, sports details, plan vacations and search the topics of their interests. But in the present time internet is used particularly for interaction on social media, chatting, sending message, sharing photos and staying in touch with friends and relatives worldwide. It has become an important part of everyone's life across all the ages for communication purpose. It has evolved as a most powerful communication tool over the past decade, for sharing information in the society. SNSs have a large number of young users, that's why a significant impact on the psychological and social development of youth like well-being and friendship quality is very much apparent. Numerous studies have been conducted to study the relationship between social networking sites and well-being of teenagers. This paper is an attempt to throw light on the role of social networking sites in well-being of students.

### KEYWORDS:

**SOCIAL NETWORKING SITES USAGE, WELL-BEING, STUDENT.**

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### INTRODUCTION

The fastest growing use of the Internet has invaded the daily life of people of all ages. They have widely started the use of various internet applications after its easy access on mobile phones. Out of which social networking sites (SNSs) are the most widely used internet application among the people of all ages where "Profiles" are made by the users to make entry into the world of member-based online community to post information in different ways and on a variety of topics (Mahajan, 2009; Pempek, Yermolayeva, & Calvert, 2009). Opportunities to entertain for instance online games, videos, music, and the daily news are offered in addition to the SNS users (Orchard, Fullwood, Galbraith, & Morris, 2014; Shin & Shin, 2011)". Kim (2010) defines, "Social networking sites as sites that facilitate for individuals forming virtual communities and participate in content that is created by the user." It has a large number of young users, that's why a significant impact on the psychological and social development of youth like well-being and friendship quality is very much apparent (Kross et al., 2013; Kuss & Griffiths, 2011; Liu & Yu, 2013; Reineck Trepte, 2014).

Lately, the subject of well-being and happiness has come to mainstream and grabbed the attention of media, researchers and policy-makers. Well-being is defined as a person's view of his life and his satisfaction about his life, above all his positive mental state of happiness. The well-being can be built on two paradigms: hedonism

is the first one according to this view happiness or pleasure is well-being whereas the second one eudemonism says that realizing or fulfilling person's true nature is well-being (Ryan and Deci 2001, 143). The centre of well-being for development as a person is on two important elements: physical well-being and psychological well-being. Certainly a student's interaction and relationship with his family and community has an indispensable contribution in developing his well-being. Students must have the feeling of being empowered, respected, cared for, valued and included so that they can have high opinion of themselves and their society. This type of relationship encourages independent decision making and creativity which is directly related to the enhancement of sense of well-being in them.

In the school their experience also has significant impact on their well-being in relation to personality, self-esteem, mood and cognitive function. Both positive effects like morale, happiness and vigour and negative effects like depression and anxiety are apparent. But, in the present time the rapid increase in the use of technology among students is playing a major role in shaping their well-being.

Numerous studies have been conducted to study the relationship between social networking sites and well-being of teenagers on problems such as mental health, depression, loneliness and hopelessness but the

findings are contradictory to some extent (Heinrich & Gullone, 2006). Social network sites and well-being are positively associated to each other. Users are linked typically to get the benefits of increasing connection like social support (Clark et.al. 2017). Social networking site use and well-being among college students' friendship revealed a positive relation between SNS usage and well-being of users when "social" type of social network sites used by them mainly for interaction with other users (Wang et.al. 2014). On the other hand, negative results are also apparent where use of the social networking sites by adolescents has resulted in deterioration of health, well-being and social relations (Musarrat et.al. 2017). Lately, social networking sites are considered as double-edged weapon because of their dominance on the young generation's mind. As a result it is associated with a negative impact on personal and social relationships which in turn effects well-being of users.

But a study done by Huang (2017) explored that mean correlation between time spent on social networking sites and psychological well-being was low which means that use of social network sites is hardly related to the well-being of users.

### CONCLUSION:

With exponential and broad rise is the focus of all SNS such has impacted the way people live and socialize. In present time technology is used by teenagers for the important functions of their life such as to remain in connection with their peer group to develop their own identities for supporting each other in their groups. Various opportunities for identity formation, creativity, community-building, socialisation, learning, stress relief and relaxation are provided through video and online games to young people and children. Games which enhance well-being of users are provided for exploration on SNS. But the rapid increase in volume of information accessible online has also given rise to some more questions about the accuracy of information in the digital world. Alongside the positive developmental processes young people and children can have experience of potentially harmful and upsetting content and practices which can seriously affect the well-being of students.

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