



Social Media Truculence In Early Adulthood Leads To Loneliness

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KEYWORD

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ABSTRACT

In general, it has been observed that people are highly prone to social media attention. People tend to project themselves way better than they are and hesitate to portray who they actually are. This study examines social media truculence in early adulthood, leading to loneliness. The sample comprises 113 young adults around the age group of 18 to 25 which includes 33 males and 80 females. To examine social media truculence, social networking addiction scale SNAS is used. 2020, M.G. Updated by. Shahnawaz and Usama Rehman. It consists of 21 questions and includes items such as expectation, emotional regulation, resilience, withdrawal, conflict and recovery. The UCLA Loneliness Scale was used to assess loneliness. Edited by: Russell, D, Peplau, LA & Ferguson, revised 1996. It consists of 20 questions designed to understand the psychology of loneliness. Snowball data collection method was used to collect data. Impact analysis shows the importance of anti-social behavior and loneliness. Interventions to reduce personal use of social media may help reduce loneliness. In addition to being addicted to social media and social networking sites, this study shows that people who participate in social networking sites tend to be lonelier, while those who use social networking sites tend to experience more loneliness. The findings showed a positive relationship between conflict and loneliness.

1. Introduction

The use of Android phones has increased worldwide and has become inevitable. It has a huge impact on young people who are actually very impressed and forget. When people interact with mobile apps it can have a huge impact. As people use their mobile phones more often, they also spend time alone. When they return to reality, they have no one to relate to, so they isolate themselves and fall into a state of loneliness. This study focused on identifying young people's fighting and loneliness in social relationships to avoid separation. According to Jean Piaget, throughout his career in law, he discussed hypothetical deductive decisions in personal development, which is important for the development of intelligence. People between the ages of 18 and 25 can improve their analytical skills. Their core knowledge consists of crystallized wisdom and fluid wisdom. The more they use social media, the more their cognitive abilities are affected. Social media is a platform where people can share their ideas and interests and interact with virtual communities through various networks. It stops the collection of information and data that leads to the growth and development of knowledge. On the other hand, excessive use of social media can lead to a user's sense of control and self-focus, leading to a neurotic state called aggression, which can lead to loneliness. The word "violence" refers to what is called "violence" and this study named the difference between "anti-social behavior", which is violent behavior due to high social use of media. When people enter the world of dating sites

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they instantly start looking for updates. In the field of technological evolution, where intelligence plays an important role in human development, it is very important to achieve technology that is very high, but it is also very important not to lose control of the device due to unlimited use. to use. Social success starts with people being happy or claiming to be happy with apps like Instagram, Facebook, Twitter, or apps that connect to social media through real-time algorithms. Young people especially have become addicted to social media. They focus on keeping themselves updated, searching for content and spending a lot of time scrolling through memes and scrolls; They don't even care about their hobbies. Generally speaking, today's students are not interested in volunteering for social work and gaining attention through community service. It also shows that they are influenced by who they are inspired by, that is, the famous people they admire, without knowing that they are influenced by them. In addition, young people are influenced by what they see in books and consciously apply it in real life. This increases the risk of anxiety, depression, loneliness, self-harm and even suicidal thoughts. It can also foster a negative experience of not understanding one's life or even one's appearance. The movies or TV series they watch, the games they play, the music they listen to, even the content or blogs they read are based on the enjoyment of being alone, being open-minded, or being social as a geek. Even movie directors start their movies in a way that portrays the villain as equal to or even superior to the actor. Even though they know the facts and truths, in the media world people love and love being who they want to be. This seems to carry the main point that people can choose how they want to live. However, what should not be forgotten is that the options they choose should not be influenced by social media.

“Humans are social species,” and they depend on each other, just as a child depends on his mother, a husband depends on his wife, friends and neighbors, relatives and friends, and most importantly, on what we call community. It works as a relationship. Communication needs to be established because connecting with people is different for each person. We choose social media for instant communication. It has its advantages; message, email, video chat, etc. with people far away. We can communicate via . However, the downside to this is that the ability for people to communicate anonymously can have a huge impact; This can lead to cyberbullying, threats, and even stalking when interacting with strangers. In the search for private conversations, people forget about the relationships they have. People tend to stay alone and scroll through their phones, forgetting to build relationships with the people around them. Eventually, they begin to like or choose to be alone when they don't need to talk to people due to the lack of communication they no longer have while busy in the online world; They are slowly moving towards loneliness. Loneliness is a condition that occurs when people do not want to be with others and realize that their actual experiences do not match their relationships with others. This situation occurs when the person's view is very different from the society that separates him. According to psychologists, loneliness is considered a stable state and it is stated that "everyone has a different level of loneliness and it varies around these points depending on their life circumstances." This study explains that loneliness can lead to physical illnesses and shorten lifespan. What is more important and obvious when it comes to violence and loneliness on social media is that the more money we spend on social networks, the higher the risk of bad behavior that will ultimately lead to loneliness. Social research on violence states, “What motivates people to engage in violent behavior and what motivates the behavior behind that behavior.” People do what they see from external stimuli. Social media is a way for people to find and receive information, with lots of content and information. On the other hand, when it turns negative, social media can affect a person's self-concept.

Instinctive attack theory (Thanatos theory) refers to the "death instinct". It helps explain what drives people to be aggressive, to behave badly, and even why they have been hurt in the past. The stress-aggression theory states that "violence results from stress." The use of social media can lead to aggressive behavior that interferes with and interferes with cognitive functions and mental capacity. Attachment theory, developed by 20th century psychiatrist John Bowlby, states that "loneliness occurs when children with poor communication skills engage in behaviors that make it easier for them to be accepted by their friends." These rejections affect the development of their social skills and increase their relationships. " Others lead to depression. "Continuity theory also forms the basis of another theory of loneliness in psychology. This theory applies to situations where social media use affects and causes loneliness.” Interestingly, despite this relationship, "Young people may be lonelier than others, and the current generation may still be the loneliest." According to Ellis and Bandura's theory of melancholia, the self-concept of "melancholy" depressed people is different from this. People who are not depressed may believe that they are solely responsible for the bad things in their lives and may have a sense of self. -blame and regret.” Therefore, it is obvious that people who are depressed due to the excessive use of social media are more likely to have an oscillating state of mind where they invest their time in networking sites and prefer to be alone. When it comes to health and mental

peace, using social media for long term without break may lead to health illness mostly affects psychologically than physically. People forgets the world and enter into the world of fantasy which is social networking sites that comes with brand new contents that remains delightful to their eyes; more convincing and feed them with updates. In spite of being updated, people do not care about the consequences of excessive usage of social media. Slowly random use of scrolling mobile screens, checking notifications as soon as they pop up and visiting sites alternatively may gradually lead to addiction. Some of the specific causes are addictiveness, self-esteem, stress and social anxiety. Such factors eventually drive an individual to continue with excessive use of social media to get rid of unpleasant feelings. To bear with unpleasant feelings and temptations people prefer using social media. Social media is the tool to enrich and inculcate various ideas and knowledge through multiple networking sites rather than spending our entire time into it to stay away from people. Choosing social networking sites to balance with isolation is a bad idea. It is a media where it connects people, helps to know the world and not a mode that separates us from humans. It helps to develop and progress. Therefore it plays a vital role in day to day life. But it is mandatory to put into one's consciousness about the impacts and causes created by artificial intelligence. Instead of sticking to social media by choosing it for relaxation purposes, it is good to encourage oneself into building up hobbies. Students lack uniqueness in presenting their assignments or academic oriented activities by copy pasting the contents present in the sites they refer to and fail to learn new things and hence remain purposeless in acquiring knowledge. Hobbies help one to grow and enrich skills; makes them learn new things and observe what they learn. Some coping skills that helps to avoid or minimise the use of social media and diverted towards healthy lifestyle are:

- Spend time with your real life friends.
- Eat healthy to look and live better.
- Walking is great when you feel out of control while using social media.
- Give yourself a "detox" test by disabling all apps for a few days.
- Sports, dance etc. Find other ways, such as participating in activities.
- Give yourself a new hobby that will benefit you.
- Practicing reading newspapers and magazines can help you improve your vocabulary.
- Build relationships with people offline.
- Start communicating with people; The more you interact, the better relationship you will have.

Here are a few ways to make sure you limit your social media use.

When the use of social media decreases, where people interact and focus on the people they interact with, the risk of loneliness also decreases. It's true that excessive use of social media can lead to stress and loneliness.

1.1. Material and Methods

1.1.1. Samples

Participants were undergraduate and graduate students between the ages of 18-25. One hundred thirteen students agreed to participate in this study. 80 women and 33 men participated in the research. Participants came from different parts of Madurai.

1.1.2. Materials

The Social Network Addiction Scale (SNAS) was included in the study. SNAS has 21 items. The SNAS evaluates traits such as impulsivity, emotion regulation, tolerance, withdrawal, conflict, relapse, and more. The UCLA Loneliness Scale developed by Russell, D, Peplau, LA & M. was also included in this study. L. (1978). It has 20 items.

2. Research Design

This study adopted the correlational design. It is a research design that investigates the relationship between two or more variables without the control of the researcher. The different methods used to find relationships are antisocial and lonely. In this study, Pearson correlation coefficient was used to determine the relationship between variables and values in the data analysis method

2.1. Procedure

Participants are provided questionnaires from both SNAS and UCLA scales along with consent form and demographic information in Google forms. Initially, the participants reviewed the consent form. Participants who were willing to take part in the study have continued answering the questionnaires followed by a consent form. After completing all the 42 questions i.e., two separate questionnaires the participants submitted their responses. Snowball technique was used to collect data. 113 cases were collected, 80 from women and 33 from men.

2.2. Theory/Calculation

Table 1: Mean and standard deviation of social media truculence and loneliness.

	N	Minimum	Maximum	Mean	Std. Deviation
Social media truculence	113	31	140	78.93	23.255
Loneliness	113	0	60	25.83	14.780
Valid N (listwise)	113				

According to published data, out of 113 samples, the mean of social media relationships is 78.93 and the standard deviation is 23.255, while the mean of being alone is 25.83 and the standard deviation is 14.780.

Table 2: Pearson Correlation test

Correlations

		Social Media truculence	Loneliness
Social media truculence	Pearson correlation	1	.249**
	Sig. (2-tailed)		.008
	N	113	113
Loneliness	Pearson Correlation	.249**	1
	Sig. (2-tailed)	.008	
	N	113	113
**. Correlation is significant at the 0.01 level (2-tailed)			

3. Results

The analysis in this study was to determine the relationship between social media truculence in early adulthood leads to loneliness. The results from the research as follows:

According to published data, out of 113 samples, the mean of social media relationships is 78.93 and the standard deviation is 23.255, while the mean of being alone is 25.83 and the standard deviation is 14.780.

From Table 2, the correlation coefficient represented by 'r' measures, the strength and direction of the relationship. 'r' value is 0.249** between social media truculence and loneliness at 0.01 level (2-tailed) indicating that correlation is statistically significant.

4. Discussion

Correlation analysis revealed a significant Pearson correlation between conflict and loneliness variables. Patterns show that people who are involved in social relationships are more likely to be lonely. They may prefer to use social media alone. A survey found that people visiting social networking sites are turning to privacy. This shows that their secret thoughts and desires can be satisfied in a private place. From a research perspective, the sample size for both variables is sufficient; 113 patients each. These findings highlight the importance of the relationship between conflict and loneliness among students. The positive correlation coefficient of 0.249** indicates that as social media use increases, loneliness will increase and vice versa. This means people who engage in more conversations on social media may feel lonely. However, it is important to remember that correlation does not imply causation and may be caused by other factors not considered in this analysis.

These findings highlight the importance of social relationships in coping with depression and loneliness. They say interventions designed to encourage people to use social networks can lead to loneliness. Additionally, taking into account other variables such as individual differences and situations will lead to a better understanding of the relationship between social media and loneliness.

5. Conclusion

As an evolving generation towards technology, we are highly focused on development of lifestyle along with social media which is by learning skills instantly. This remains as time convenient yet on the other side it separates humans from humans and turns to humans and gadgets. These results in social media truculence and the possibility of assimilating loneliness. As social media truculence is influenced by loneliness, it can be done as an experimental study to improve interpersonal relationship development in adolescence

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