NVEO
Natural Volatiles &
Essential Oils

Well Being And Social Media: Analysis Among College Going Students In Turkey

DR. K.M.ASHIFA

Asst. Professor in Social Work, Faculty of Health Science, Istanbul Gelisim University, Turkey.

Abstract –   There are numerous technological breakthroughs that are required in today's world. In this day and age, networking is an unavoidable part of everyday life. Social networks are a type of communication in which information, messages, images, news, and videos are exchanged and gathered. They are used for a variety of purposes, including information exchange and gathering. Worldwide, there are approximately 3.2 billion social network users, which corresponds to 42 percent of the world's population. Worldwide, people are able to maintain strong professional and personal connections through the use of social media platforms. In India, there are approximately 325 million users, with the highest concentration in Tamil Nadu. In addition, it has been determined that children are the primary consumers of social media platforms. The social networking services Facebook, Instagram, Twitter, Gmail, and YouTube are all extremely popular, and many people use them every day. Teens and young adults consider social networking to be an essential part of their daily routines. Instead of having real relationships, they prefer to communicate through social media. Both positive and negative consequences are associated with the use of social media. A study was conducted as a result to determine the impact of social networking on young people as a result of this. According to the researcher, "the effect or influence of social networking is defined by the use of these social networking sites by their respective members."

Keywords: Social Media, Youth, Wellness

Introduction

Social networking is the preferred method of communication for the current generation. Images, news updates, videos, chatting, and live programs are all taking up more of people's time as they become more social. Businesses of all sizes, from small start-ups to large corporations, rely on social media to stay current and relevant. Social media has enabled students to have all of the necessary notes and other education-related materials readily available to them, which they can share and upload to their accounts. E-Platforms are taking the place of traditional learning environments in the classroom. Social networking is used as a means of staying in touch with family, friends, business connections, office colleagues, customers, and other clients. However, when it comes to the negative consequences, it should be noted that Social Media is causing a great deal of physical and mental stress. Because of the extensive use of social media, the relationships between family and friends are becoming increasingly strained. Hate messages and videos shared on some social media platforms cause unrest in the community. How the use of these Social Networks affects a person is something that needs to be understood. Students use social networking sites such as TEDx, bright storm, archive, and academic earth to supplement their classroom learning. For job searching, young people turn to websites such as naukri.com, monster.com, timesjobs.in, and indeedjobs.com. Businesses use websites such as Flipkart, Amazon, and eBay to conduct their daily operations. The use of social media websites (such as Facebook) to stay in touch with family and friends, as well as for business, is becoming more common these days. It is possible to find millions of such websites, which are known as Social Networking sites, that have an impact on youth, both positively and negatively. So the researcher decided to investigate the topic of social networks in order to determine their

impact on young people.

"There are numerous reviews available about social networking sites and their influence on youth, and usage of social media has increased among preadolescents and adolescents over the last five years, according to the National Center for Youth Media. Today, the majority of parents are computer literate, and they are aware that their children will unavoidably engage in social networking activities. The fact that some parents have noticed that their children are connected to technology may make them reluctant to connect with social media or technology, which are considered to be "new forms of socialization" (Palfrey J & Gasser U, 2010). "Social media has an impact on both the negative and positive aspects of young people's lives. Positive outcomes may include job searching, career advancement activities through LinkedIn, political activities, and democratic expressions that are organized through social media platforms such as Facebook, Twitter, and What's App, among others. Because of their limited ability to self-regulate and susceptibility to peer pressure, youths have been exposed to some risk and may have navigated an experiment with social media. It is common for them to express online behaviors that they engage in offline, such as clique formation, harassment, and sexual testing" (Len heart, 2009). "According to the findings of a study conducted by Steyers James (2009), the majority of adolescent youths spend the majority of their time with their."

Methodology

Nowadays, adolescent youths are more inclined to use social networking sites than ever before. The range of applications varies from academics to recreational activities. E-learning is being implemented in educational institutions, which has resulted in the increased use of social networking sites. Some of them, however, use these sites for anti-social purposes as well as for legitimate ones. Such changes in usage have an impact on the person's physiological, psychological, and social well-being. So the researcher set out to learn more about the influence of adolescent youth on the internet through social networking sites. According to the findings of this study, the influence of social networks on adolescent youth is being investigated. The researcher is investigating the use of social media networks, as well as the advantages and disadvantages of doing so. The research was carried out among college-bound students in the Turkey. Simple random sampling was used to select the samples for this study. The information was gathered with the assistance of a questionnaire from the respondents."

Result and Discussion

The current investigation was primarily concerned with identifying the prevalence of social networking among adolescent youth. When asked which social networking site they use the most, 75 percent of young people said Facebook, followed by Instagram and Twitter, and 48 percent said they used it for a variety of reasons, including raising general awareness, expressing their opinions on various issues, and finding opportunities for advancement in their careers. However, many people now use social networking sites to keep up with updates from family and friends, to play games, and to engage in other leisure activities. As a result, it can be concluded that the majority of those who answered the survey are using social networking sites for entertainment purposes. The researcher was interested in learning how many hours per day people spent on social networking sites. Approximately half of those who answered the survey believe they spend between 5 and 10 hours per day on these sites. While 30% of respondents use for 10 hours or more, 20% use for less than five hours, and 20% of respondents use for 0 – 5 hours, the majority of respondents use for 10 hours or more. As a result, it can be concluded that the vast majority of respondents use these sites intermittently and do not use them consistently throughout the day. The answer to the question about the reason for using social networking sites must be discovered. Sixty percent of the respondents use social networking sites to keep in touch with family and friends, fifteen percent of the respondents use social networking sites to meet new people and share pictures and videos, and ten percent use social networking sites for business networking. As a result, it can be concluded that the

majority of those who responded use social networking sites to stay in touch with family and friends, as well as for entertainment. According to the findings of the study, 44 percent of respondents have 100 or more unknown members on social networking sites, 36 percent of respondents have 50-100 unknown members, and 20 percent of respondents have 20 – 50 unknown members on social networking sites. It can be concluded that the majority of respondents have more than 100 unknown persons in their Social Networking sites for a variety of reasons, which can be summarized as follows: Cybercrime is defined as any crime that takes place in the virtual world of the internet. Hacking, identity theft, and information theft are just a few of the types of cybercrime that exist. Sixty percent of those who answered the survey believe they have been victims of cybercrime, while forty percent believe they have not. As a result, it can be concluded that cybercrime has a negative impact on the majority of respondents. A large number of entrepreneurs use online platforms to promote their businesses as a means of reaching a wider audience. Because of this, it was necessary to assess the effectiveness of using social networking sites as a marketing medium. 58 percent of those who responded believe that advertisements displayed on social networking sites are extremely helpful in educating them about the products and services that are currently available on the market. While 38 percent of those who answered the survey believe that the advertisements are ineffective, Consequently, it can be stated that the majority of them believe that the advertising on these websites is a good marketing technique for entrepreneurs to use. Another important factor that must be considered is the impact on academic performance. Almost 80% of those who answered the survey believed that social networking sites are the most important source of information for students regarding academics. Twenty percent of those who responded believed that social networking sites were not beneficial in academics and were a waste of time. However, based on the overwhelming majority of responses, it can be concluded that social networking sites are extremely beneficial to students in their studies. The majority of respondents, 66 percent of respondents, have a positive opinion of using social networking sites, while only 34 percent of respondents have a negative opinion of using social networking sites, according to the survey. As a result, it can be concluded that the majority of respondents believe that there is a positive impact on the use of websites, given that the vast majority of them use them for entertainment, to stay in touch with family and friends, to gather information, and so on.

Therefore, based on the results of this research, it can be concluded that Facebook is the most popular social networking site among the respondents. The majority of those who answered said they used these sites for entertainment purposes. People's lives have become so intertwined with social networking sites that they spend nearly 5-10 hours per day on them, with no defined breaks and depending on how they use them. The majority of people want to use Social Networks as a way to stay in touch with their family and friends. It is also possible that people's product purchases are influenced by social networking sites. Since the popularity of social networking sites has reached an all-time high, the rate of cybercrime has also increased. In addition, it has been stated that social networking sites are extremely beneficial to students, particularly for academic purposes. However, the majority of respondents have a positive attitude toward the use of social networking websites.

Conclusion

The primary goal of the study was to examine the influence of social networking sites on young people, taking into consideration both positive and negative consequences. The findings of the study can be summarized as follows: of all the social networking websites currently available, Facebook is the website that the vast majority of respondents use the most frequently. The majority of those who answered the survey said they used the networks for entertainment. The youth are well aware of the needs they have and the extent to which all of their resources are to be used to meet those needs. Despite the fact that the youth spend nearly five to ten hours per day on these sites, the sites are also frequently used for educational and entertainment purposes. Apart from being a source of entertainment, the majority of them use these sites to stay in touch with family and friends. Some teenagers are also interested in making new friends, as the majority of them have members

of their social networks with whom they are unfamiliar. Cybersecurity is one of those things that is extremely important in order to protect our personal information from being compromised. There are a plethora of options for keeping our information secure, but we are also vulnerable to cybercrime. However, nearly half of those who answered the survey believe that their personal information is secure. Furthermore, because the usage of these sites is diverse and informative, the majority of respondents believe that social networking sites have a positive impact on youth, despite the fact that some anti-social elements use these sites for destructive purposes. The youth of today are regarded as having a social responsibility in their actions. As a result, they have no intention of abusing social networking sites. This has been demonstrated in a number of incidents in recent years, such as the cyclone, flood, and Jallikatu controversy.

REFERENCES

1]. Acquisti, A., & Gross, R. (2006). Imagined communities: Awareness, information sharing, and privacy on Facebook. In P.Golle& G.Danezis(Eds.), Proceedings of 6th Workshop on Privacy Enhancing Technologies(pp. 36–58). Cambridge, UK:

2]. Antony Raj M.Maria Antony Raj, KMASHIFA, Aliyev Anar, Godfrey A Alan (2021). Occupational Burnout Among Women Police Force: An Empirical Analysis' Journal of Legal, Ethical and Regulatory Issues, 24(1), 1-5.

3]. Ashifa KM (2021).Information and Communication Technology Integration on Human Rights Advocacy. Turkish Journal of Computer and Mathematics Education, 12 (2) https://doi.org/10.17762/turcomat.v12i2.2300

4]. Ashifa KM. (2021). Young Adults And Smart Phones: Influence On Daily Life' Journal of Xi'an Shiyou University, Natural Science Edition 17 (3), https://www.xisdxjxsu.asia/viewarticle.php?aid=281).

5]. 'Addictive Behaviour among Women Viewers of Indian Soap Opera' in Webology (ISSN:735-188X, 18 (Special Issue on Management and Social Media), 10.14704/WEB/V18SI03/WEB18030)

6]. Jain MR, Anand N, Gupta P (2012) Impact of social networking sites in the changing mindset of youth on the social issues-A study of Delhi-NCR youth. Journal of Arts, Science and Commerce 3: 36-43.

7]. Khurana N (2015) The Impact of Social Networking Sites on the Youth. J Mass Communication Journalism 5: 285.

8]. KS SWAPNA, KMASHIFA (2021). Assistive technology for children with autism Spectrum dısorders ın ınclusıve class room . Turkish Journal of Physiotherapy and Rehabilitation, 32(326016), 26016-26023.

9]. KM ASHIFA (2021). Usage and Influence of Social Network among Youth. LILINGUISTICA ANTVERPIENSIA, 2021(2), 2244-2247.

10]. Lecky-Thompson, G. (2009). FaceBook: Good or Bad for Communication. Retrieved March 10, 2010, from http://socialnetworkingtagging.suite101.com/article.c FM/facebook_good_or_bad_for_communication

11]. Lenheart (2007), Teens, privacy, & online social networks, Pew Internet and American Life Project Report. Retrieved July 30, 2007, from http://www.pewinternet.org/pdfs/PIP_Teens_Privacy

12]. _SNS_Report_Final.pdf

13]. Palfrey, J. & Gasser, U (2008) Born digital: Understanding the first generation of digital natives. 2010/01/01.

14]. Preibusch, S., Hoser, B., Gürses, S., & Berendt, B. (2007, June). Ubiquitous social networks— opportunities and challenges for privacy-aware user modeling. Proceedings of Workshop on Data Mining for User Modeling. Corfu, Greece. Retrieved October 20, 2007, from http://vasarely.wiwi.hu-berlin.de/DM.UM07/Proceedings/05 Preibusch.pdf

15]. R.A. Rasi, K.M. Ashifa, Anu J. Vengal, Cinniya Babu (2021). Usage of smart technologies among young adults, Materials Today Proceedings. https://doi.org/10.1016/j.matpr.2020.10.133

16]. Steyer James (2009), "Is Technology Networking Changing Childhood?"- A National Poll by Common Sense Media, San Francisco.

17]. Sumiti Sehgal (2011) Impact of Social Networking Sites on Society. The International Journal's Research Journal of Social Science and Management, 01, 47-56

18]. Sunitha Kuppuswamy (2010) The Impact of Social Networking Websites on the Education of Youth International Journal of Virtual Communities and Social Networking (IJVCSN) 2(1).

19]. http://www.merinews.com/article/impact-of- social-networking-sites-on-social life/157018.shtml

20]. http://www.takeonit.com/question/278.aspx

21]. http://yro.slashdot.org/story/06/09/20/1325238/Th e-Impact-of-Social-Networking-society

22]. https://www.emarsys.com/resources/blog/top-5-social-media-predictions-2019/

23]. http://nci2tm.sinhgad.edu