Impact of Social Media in Provoking Social Anxiety and Aggression Among Adolescents

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Abstract

The aim of present study is to examine the impact of social media in provoking social anxiety and aggression among adolescents. The cross sectional correlational research design was used in this study. The study included 300 adolescents age 15 to 18 years from various educational institutions as participants. Result shows that there is a significant positive correlation in variables and there are significant mean differences across Gender. The current study's findings will help to raise awareness of adolescents' aggressive behavior and social anxiety in relation to their use of social media.

Sample

Data collected from Rawalpindi	N=300 Adolescents
Both Private and Public educational Institution	Age range 15 to 18 years

Introduction

- Social media are defined as online platforms and online resources that encourage conversations between users by allowing them to communicate thoughts, knowledge, and wellbeing (Hameed & Swar, 2017).

- Social anxiety, which is defined as an unwarranted and exaggerated anxiety and fear about interacting with others and this dread discourages interacting with others and a fear of receiving a poor judgment (Tillfors & Zalk, 2017).

- Aggression is a behavior potential meant to cause physical, verbal, and psychological harm to another person (Tian et al., 2019).

- Social media strongly associated with aggression in adolescent and found those who use social media were prone to aggressive behavior (Okeke et al., 2019).

- Adolescents who have a personal interest in social media are more likely to suffer from social anxiety and depression (Scott & Woods et al., 2016).

Rationale

- Present research was designed to evaluate the negative impact of social media on social anxiety and aggression among adolescents.

- The main focus is on adolescents that are some of the most frequent users of social media sites therefore, it is essential to recognize the negative consequences that leads to psychological distress.

- To raise awareness of the detrimental outcomes of increased engagement of social media leads to social anxiety and aggression.

Hypotheses

1. Social media is positively correlated with social anxiety, aggression and their subscales i.e. physical aggression, verbal aggression, anger and hostility.

2. Girls experience high level of social anxiety and low level of aggression by using social media than boys.

Instruments

Scales	Authors	Subscales	No. of items	Response Options	α
Social Media Engagement Questionnaire (SMEQ)	Przybylski et al. (2013)	No Subscale	5	8-points Likert-Scale	.69
Social Interaction Anxiety Scale (SIAS)	Mattick & Clarke (1998)	No Subscale	20	5-point Likert-Scale	.83
Buss Perry Aggression Questionnaire (BPAQ)	Buss & Perry (1992)	1.Physical Aggression 2.Verbal Aggression 3. Anger 4. Hostility	29	5 -point Likert Scale	.80 .51 .43 .39 .60

Results

Pearson correlation between Social Media Engagement, Social Interaction Anxiety, Buss Perry Aggression and their Subscales among Adolescents (N=300)

Variables	1	2	3	4	5	6	7
Social Media Engagement	-						
Social Interaction Anxiety	.12*	-					
Buss Perry Aggression	.20**	.24**	-				
Physical Aggression	.13*	.18**	.75**	-			
Verbal Aggression	.16**	.20**	.80**	.53**	-		
Anger	.19**	.21**	.76**	.35**	.51**	-	
Hostility	.16**	.17**	.84**	.43**	.61**	.62**	-

Linear Regression Analysis of Social Media Engagement on Social Interaction Anxiety among Adolescents (N=300)

	Social Interaction Anxiety Scale	
Variables	β	SE
Constant		1.47
Social Media Engagement	.12*	.07
R^2	.01	

Linear Regression Analysis of Social Media Engagement on Buss Perry Aggression among Adolescents (N=300)

	Buss Perry Aggression Questionnaire	
	β	SE
Constant		.174
Social Media Engagement	.20***	.09
R^2	.04	

Means, Standard Deviations and t- values of Social Media Engagement, Social Interaction Anxiety, Buss Perry Aggression and their Subscales across Gender (N=300)

Variables	Boys (n=150)		Girls (n=150)		t(298)	p	95% CI		Cohen's d
	M	SD	M	SD			LL	UL	
SME	17.44	10.32	15.65	7.42	1.71	.00***	-.26	3.83	.19
SIA	29.50	12.16	30.36	12.24	-.60	.40	-3.64	1.93	.07
BPA	82.89	14.40	81.23	14.94	.97	.28	-1.67	4.99	.11
PA	26.74	5.91	25.38	4.70	2.20	.00**	.14	2.57	.25
VA	14.45	3.61	13.77	3.55	1.65	.73	-.12	1.50	.18
AN	19.66	4.18	19.75	4.13	-.20	.41	-1.04	.84	.02
HS	22.04	4.96	22.33	5.64	-.47	.04*	1.49	.91	.05

Discussion

- According to the current study's findings, Social media is positively correlated with social anxiety, aggression and their subscales i.e. physical aggression, verbal aggression, anger and hostility. Social media is positively correlated with both loneliness and social anxiety (Baltaco, 2019).

- The findings of literature showing that aggression such as anger, hostility, verbal and physical aggression positively correlated with social media (Wong et al., 2022). According to the current study's findings, a girls experience high level of social anxiety and low level of aggression by using social media than boys.

- Studies have found that girls experience more social anxiety symptoms as compare to boys (Asher et al., 2017). Past research indicate that boys exhibit more aggression than girls (Froyland & von Soest, 2020). Therefore, the findings of current study is in-lined with the findings of pervious studies.

Conclusion

- The current study aimed to explore the impact of social media on social anxiety and aggression among adolescents.

- The study found the negative impact of social media on social anxiety and aggression among adolescents.

- Overall, this study suggests that social media may have a meaningful but negative impact on adolescents via social anxiety and aggression.

Limitations and Suggestions

- Sample size was small and respondent were taken from Rawalpindi region which made it challenging to generalize to different contexts

- Used convenience sampling technique in selecting the participants and quantitative methods, such as surveys, were used to collect data

- This study might be repeated on a larger scale with a more diverse group of participants based on the sample size in an effort to generalize to a broader population.

- For wider research demonstration could have been selected from the whole Pakistan or other various cities

Implementation

- The current study's findings will help raise awareness of adolescents' aggressive behavior and social anxiety in relation to their use of social media.

- Educational institutions may host workshops on managing aggression to help individuals develop self-confidence, self-awareness, and a way to stop social media engagement in excess.

- By implementing programmers that can provide instruction regarding the appropriate use of social media and promoting positive online behaviors can lessen the adverse impacts of social media.