

SOCIAL NETWORKING: A FACTOR CAUSING MENTAL DISORDERS IN GENERAL PEOPLE

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ABSTRACT

The face of the world has been changed by the internet. And with the internet, came the social medias. Social medias enabled people to communicate freely with anyone around the world; they could share their emotions, feelings, ideas and moments through a secure platform that was ubiquitous. These days, people are seen always busy with their phone or laptops. The majority of the world's internet bandwidth is consumed by the social medias. People are always online posting pictures and sharing links. This kind of addictive behaviour can pose serious issues on an individual's mental and physical health but people tend to neglect these issues and move on with it. Social medias have caused social anxiety among people; they can develop serious diseases such as anxiety, depression, sleep deprivation, infertility due to excessive mobile usage etc. Such and other kinds of negative issues are presented in this paper. Research questions like do SNSs really can be a cause for psychological disorders? can SNSs be the factor to facilitate behavioural changes? Can SNSs be highly addictive to its users? is SNS a factor to induce loneliness in an individual? etc. are answered in this research paper. The research questions are formed into research hypothesis and Chi-Square test has been performed to test those hypotheses.

Keywords: Social Media, Psychology, Loneliness, Depression, Addiction, Mental health

1. INTRODUCTION

Social media refers to the medium through which people interact in virtual communities and networks by creating, exchanging, and/or sharing information and ideas (communications.tufts.edu, 2019). The 'social' part in social media: refers to interaction amongst people by sharing the information within them and receiving it from them. The 'media' part in it refers to a means of communication, like the internet (Radio, TV, and newspapers are examples of more traditional forms of media). We can accumulate a basic definition from these two distinct terms together, i.e. social media are web-based communication tools that allow people to interact with each other by consuming and sharing the information. (Wigmore, 2019) The increased use of social media has also had negative effects on human health. The latest research on social networking sites has shown that because of its ease and fun, addiction to social networks has been seen in an increasing order. The mainly targeted people are the teenagers and young adults. People have been addicted towards their smartphones and are nomophobic. They have developed a habit of being online 24 hours a day. People want to know what is happening and they want to be the first to know them. The news, photos of friends and family, businesses etc. can all be performed through social networking sites. All of these factors have caused the addiction towards the social media and has resulted in several problems mentally or physically to a person.

Here are some prominent examples of social media which consist of millions and billions of active users around the globe and are the constituents of mental disorders in the general public:

Facebook is a popular free SN website that allows authorized users to make profiles, upload pictures and videos, send and receive messages, talk, and maintain contact with friends, colleagues, and family. This is the largest online social media network. It was founded in February 4, 2004. (Akram, 2017)

Statistics:

- 43030 full time employees till September 30, 2019
- 1.63 billion active daily Facebook users in September 2019 on average
- 2.45 billion active monthly Facebook users as of 30 September 2019.
- About 2.2 billion people every day use Twitter, Instagram, Facebook, WhatsApp or Messenger

(Akram, 2017)

Twitter is a free micro-blogging service that allows its members to broadcast short tweets. Twitter participants can use multiple platforms to broadcast and share tweets and follow the tweets of other users. It enables users to write content in 140 characters, hence the term 'micro blogging.' Twitter is owned by Facebook and has 320 million active monthly users. (Akram, 2017)

TikTok was launched in September 2016, and in the three years after its launch, it has become one of the most addictive app for its daily users. TikTok has 500 million active users worldwide (Datareportal, 2019). In terms of social network sites, this puts TikTok 9th, ahead of better-known sites like Facebook, Twitter, Pinterest, and Snapchat. (Mohsin, 2019)

LinkedIn is an SNS designed specifically for the business sector. The purpose of the platform is to empower active members to develop and document professional networks of people they trust and know. (Wigmore, 2019)

Pinterest is a platform for social organization to share and categorize digital images. Pinterest includes brief descriptions, but visual is the site's main focus. One will be guided to the original point by clicking on an image. Most of the users in Pinterest are ladies. (Wigmore, 2019)

Instagram: Instagram is a platform for digital visual networking. The platform has over 400 million diverse users and is owned by Facebook. It is used by a significant number of its customers to post pictures and videos on travel, shape, support, workmanship and other similar subjects. The stage is also recognized by its remarkable channels along with the highlights of video and photography. The site offers the inclusion of stories originally started by Snapchat where users can post a photo or a short video that will live for 24 hours and then vanish. Therefore, around 95 percent of Instagram users also use Facebook. (Akram, 2017)

Snapchat: Snapchat is an image sharing application that was made by Evan Spiegel, Reggie Brown and Bobby Murphy when they were under graduates at Stanford University. It was officially launched in September 2011, and as of May 2015, it was seen that a standard of 100 million diverse customers used it every day. (Akram, 2017)

WhatsApp: WhatsApp Messenger for smartphones, PCs and tablets is a cross-platform instant messaging client. In order to send pictures, texts, files, audio and video messages to other users who have the app installed on their phones, this application requires internet connection. Launched in January 2010, WhatsApp Inc. was acquired by Facebook on February 19, 2014, for about \$19.3 billion. It has both mobile application and web interface. Today, more than 1 billion people make use of the application to speak with their person of interest. (Akram, 2017)



Figure 1: Social Media Depression (*wsoms.org, n.d.*)

1.1. Problem Statement

Social networking sites have become highly addictive to most of the people because of the plethora of benefits it has for the people themselves. People now no longer spend time with their friends or family rather, they chat via Facebook Messenger or WhatsApp. The reaction of people towards social media has become too much addictive. Below are the problems that have arisen due to high addiction of SNSs:

- People prefer to be left alone with their gadgets and enjoy themselves getting lost in virtual world; wasting their valuable time as well as separating themselves from the reality. (N, 2015)
- The contents displayed on SNSs can be inappropriate to certain users as there is no restriction to what a user can really upload. For example, explicit contents such as pornographic materials, violence and accidental pictures to children can cause negative impacts (Kagan Kircaburun, Mark D. Griffiths, 2018) whereas adults can develop jealousy or in some serious cases, develop psychological disorders such as anxiety and depression. (Zaheer Hussain, Mark D. Griffiths, 2018)
- Loneliness and other psychological disorders are at an increasing rate and SNSs have been linked as the essential factor constituting to those disorders. (Lo, 2019)

1.2. Aim of the Research

The main aim of this research is to examine if social medias indeed impose negative impacts on general people's mental status.

1.3. Research Objectives

The Objectives of this research report are as follows:

- To present the connection between social media addiction and depression.
- To determine if social media and psychological disorders are linked amongst each other or not.
- To determine if excessive usage of SNSs can bring in behavioural changes (Negative) in an individual.

1.4. Research Questions

The following are the questions that this research is trying to answer:

1. Is Social Media highly addictive to the users?
2. Does excessive use of Social Networking Sites cause psychological disorders?
3. Can Social Medias cause behavioural changes among the general public?

1.5. Scope of the Research

This research aims at the problematic issues brought about by the excessive use of Social medias in the general people's lives. As the people living in the modern world today, cannot sustain their day-to-day lives without a smartphone or a computer, the need to be online is becoming a necessity. People now perform transactions through social applications like WeChat, carry out their business through Facebook, promote their work through Instagram or do their official works through Viber or WhatsApp. Hence, social networking sites or applications have become an integral part of the people's lives. Such a necessity has turned into an addiction and has brought some serious negative threats along with it. Through this research, the relation between Social Networking Sites and Mental issues caused by the heavy use of it are presented.

1.6. Significance of the Research

This research includes the negative impacts of social medias like Facebook, Instagram, Youtube, TikTok etc. Those negative impacts in particular are mentally unstabling conditions. The need to limit the use of such SNSs can be emphasized via this research. By reading this research, one can find a level of alertness it is trying to provide regarding the addictive behaviour incited by the SNSs.

2. LITERATURE REVIEW

Social Networking causing societal and personality disorders

(Kagan Kircaburun, Mark D. Griffiths, 2018) show that, in problematic internet use (PIU), personality traits play an important role. The researchers examine dark trait relationships with certain online activities and PIU. 772 university students took part in a self-report survey and the findings through hierarchical regression analysis and multiple mediation model showed that if the gender was male, then he was positively related with higher online gaming, gambling, social media and internet shopping, Narcissism was found to be linked with increased use of social media, Machiavellianism was found to be related to higher online gaming, gambling, online sex, and lastly, sadism was associated with online sex; and spitefulness was associated with online sex, gambling, and internet shopping.

Social Networking and Psychological disorders

(Zaheer Hussain, Mark D. Griffiths, 2018) The potential link between the use of problematic social networking sites (SNS) and psychiatric disorders was illustrated. The researchers describe and review studies that investigate the relationship between problem use of SNS and comorbid psychiatric disorders. Overall, the study analysis indicated correlations, notably in adolescents, between PSNSU and symptoms of psychiatric disorder. Several associations between PSNSU, depression, and anxiety were identified.

(Lo, 2019) draws from the medical sector, the buffer influence of the theory of social support to the idea that obtaining online social support is a possible barrier to fatigue and a promoter of consumer satisfaction. Her research describes the role of obtaining social support in a realm of social overload, fatigue, happiness, and intention to avoid using a SNS. Based on a study of 1285 Facebook users, she discovered that typically getting social support helps ease the frustration that users feel from using their SNS and increases their satisfaction with the SNS. Even after receiving the positive social support, the use of SNS does not provide everyone with the same level of benefit and appears to be a more stressful source for lonely and emotionally fragile users.

Social Media and Addiction

(Durak, 2018) examines the addiction of modern adults towards smartphones. The advancements in technology has directly impacted the functionality and capability of smartphones. The latest smartphones allow the user to install heavy applications and use more features of an application than a few years ago. This causes the need of smartphone at all times and also results addiction towards it. The study also discusses about the nomophobic behaviour shown by people towards mobile phones. Nomophobia is the unreasonable fear of being unable to use the phone for some reason or a state without a mobile phone where one feels scared. The paper finds that social media addiction most positively correlated with adolescent's nomophobic behaviour levels.

3. RESEARCH METHODOLOGY

3.1. Primary and Secondary Sources of Data

3.1.1. Primary Source

The Primary source of data for the research has been done through various methods like surveys, observations, physical testing, mailed questionnaires, questionnaire filled and sent by enumerators, personal interviews, telephonic interviews, focus groups, case studies, etc. The particular method that can highly be useful for this research is online questionnaire. A question set consisting of at least 22 questions was prepared which has asked questions related to the level of addiction and behavioural changes brought by excessive use of SNSs.

3.1.2. Secondary Source

Secondary Source of data implies second-hand information which is already collected and recorded by any person other than the user for a purpose, not relating to the current research problem. It is the readily available form of data, collected from various sources like censuses, government publications,

internal records of the organization, reports, books, journal articles, websites and so on (Surbhi, 2016). The particular secondary source of data for this research is obtained from Journal articles, Conference papers, Electronic documents and some web references. 20 Journal papers in exact are referred for content and ideas highlighting the topics such as Social Media and Psychological Disorders, Social Networking causing societal and personality disorders and Social Media and Addiction as the primary heading inside the main research domain.

3.2. Research Approach

For this research, both qualitative as well as quantitative research approaches were followed.

3.2.1. Qualitative approach:

Qualitative research helps to accumulate detailed information on a topic. We can use it to initiate our research by discovering the opportunities or problems people are thinking about. Those ideas can then become hypotheses to be proven by the means of quantitative research. (surveymonkey.com, 2019)

For this research, the qualitative approaches were made by studying already completed research papers and drawing out common conclusions from them. 20 research papers in total from renowned journals were studied and ideas to prove the research titles were obtained from them. Critical analysis of all those papers were done and the common conclusion drawn out from them were that SNSs indeed are factors for causing mental imbalance on an individual.

3.2.2. Quantitative approach:

Quantitative research will get the numbers that we can apply statistical analysis to in order to validate our hypotheses. (surveymonkey.com, 2019)

For this research, the quantitative approach was done through a questionnaire, collecting data that were essential to prove the thesis title. 22 questions that circled around the individual's mind were supposed to be answered by the person taking part in the survey. The original assumption was to get 300 responses altogether from both the online as well as the hard copies distributed across Kathmandu valley. Out of them, 236 responses were obtained; among which 176 data was collected through online survey and the remaining 60 were collected from hard copy.

The questionnaire was divided into 4 sub divisions. Namely:

- a) Demographic information
- b) Social medias and addiction
- c) Social medias and psychological disorders
- d) Social medias and behavioral changes

These divisions consisted questions that were helpful in answering the research questions asked previously in section 2.4.

4. DATA ANALYSIS

4.1. Data Collection

4.1.1. Sampling Methods and Sample Design

More than half of the data was collected from online survey. The online survey was performed through Google Forms, a famous online survey portal. The link to the online survey site was shared through the social networking sites such as Facebook, Instagram, Viber and WhatsApp. A total of 176 data was collected through online site.

Data collection was also performed by distributing hard copies of the questionnaire to the people around college and workplace. The 60 responses received through them was then recorded in the excel sheet for analysis together with the responses obtained from online site.

Most of the people taking part in the survey were technically sound people who knew how social networking worked. So, it was beneficial to obtain data from them easily. The online survey was easy to perform, as the respondents filled out the questionnaire without any hesitance. The questionnaire set consisted of some questions which people felt uncomfortable to answer to in person such as, it required

the person to state that whether or not he/she had some kind of psychological disorder. This response was difficult to get in hard copy. This hindrance was reduced by stating that respondents do not require to input their names or email addresses while filling the survey. This is the primary data obtained for the research. As for the secondary data, it was obtained from journal papers which are already discussed in the literature review.

The target at first was to collect 300 data however, 236 were collected and this was the population size for the research.

Table 21: Population size

Mode of distribution of questionnaire	Distributed	Received
Online	200	176
Hardcopy	100	60
Total	300	236

The following is the research strategy adopted for the thesis:

- **Population Selection**

The people taking part in a survey mostly came out of online process. The questionnaire was distributed through social networking platforms. The age group of the people was 14 and above. The respondents should at least must have basic knowledge on how to use SNSs.

- **Sampling Method**

The sampling method adopted was random sampling, as the respondents in the data collection process were randomly selected to ascertain the reliability, precision and honesty of the responses.

- **Data gathering Technique**

Both qualitative and quantitative data are gathered for the research. Qualitative data are gathered from research papers from different famous journal sites and quantitative data are gathered through questionnaire (online and hard copy).

- **Data Analysis Techniques**

The skills and techniques required to analyse the data were achieved from tools such as Google Analytical tool, SPSS and Microsoft Excel.

4.2. Data Analysis Result

The data analysis results are shown in tabular and in diagrams using the pie charts in number and percentage. Each variable/question's analysis is represented as below:

4.2.1. Distribution of individual vs likeliness to use SNSs in a day

Table 24: Distribution of individual vs likeliness to use SNSs in a day

How_likely_ToUseSNSInaDay				
	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Extremely likely	56	23.7	23.7
	Very likely	114	48.3	72.0
	Somewhat likely	56	23.7	95.8
	Not at all likely	10	4.2	100.0
	Total	236	100.0	100.0

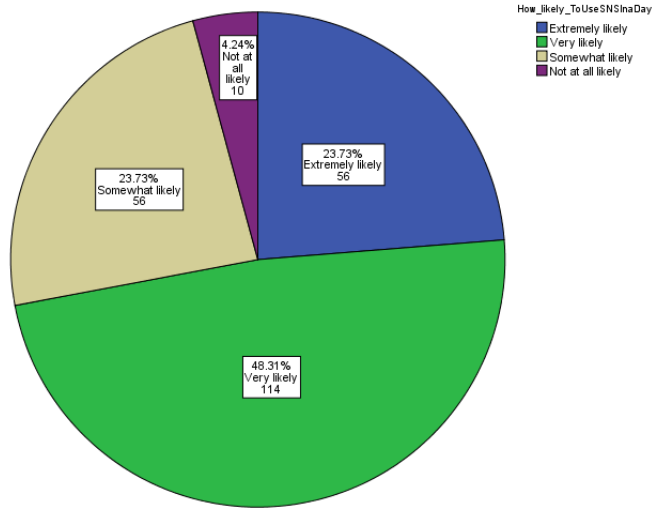


Figure 4: Graphical representation for individual vs likeliness to use SNSs in a day

4.2.2. Distribution of individual vs device used to browse SNSs

Table 25: Distribution of individual vs device used to browse SNSs

		device_used			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tablet	2	.8	.8	.8
	Laptop computer	10	4.2	4.2	5.1
	Smart phone	224	94.9	94.9	100.0
	Total	236	100.0	100.0	

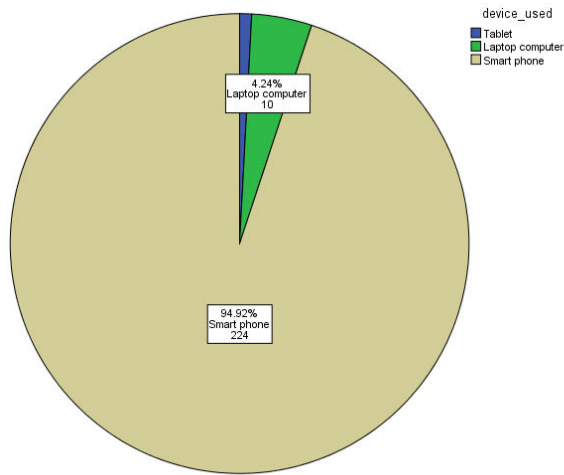


Figure 5: Graphical representation of individual vs device used to browse SNSs

4.2.3. Distribution of individual vs most used SNS app per day

Table 26: Distribution of individual vs most used app per day

SNS_app

	Frequency	Percent	Valid Percent	Cumulative Percent
Instagram	65	27.5	27.5	27.5
Facebook	142	60.2	60.2	87.7
TikTok	4	1.7	1.7	89.4
Valid Wechat	4	1.7	1.7	91.1
WhatsApp	6	2.5	2.5	93.6
Viber	15	6.4	6.4	100.0
Total	236	100.0	100.0	

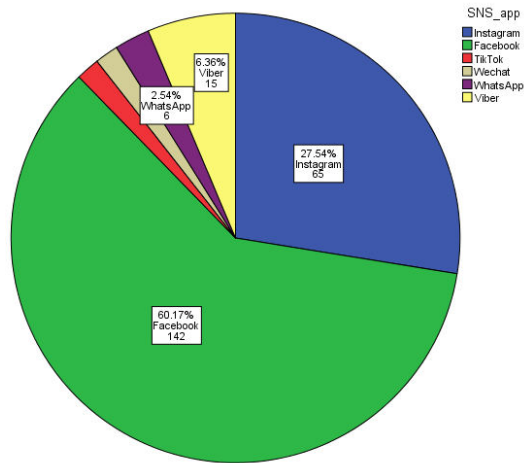


Figure 6: Graphical representation of individual vs most used app per day

4.2.4. Distribution of individual vs number of Friends on Facebook

Table 27: Distribution of individual vs number of Friends on Facebook

	Frequency	Percent	Valid Percent	Cumulative Percent
2000-5000	8	3.4	3.4	3.4
1000-2000	60	25.4	25.4	28.8
500-1000	136	57.6	57.6	86.4
Valid 100-500	26	11.0	11.0	97.5
Less than 100	6	2.5	2.5	100.0
Total	236	100.0	100.0	

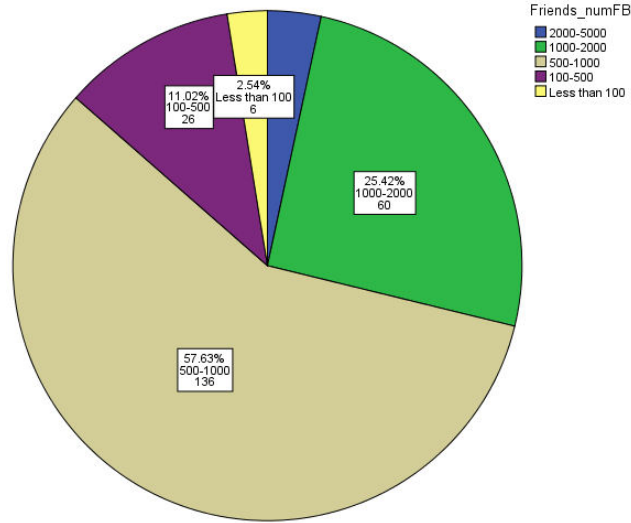


Figure 7: Graphical representation of individual vs number of Friends on Facebook

4.2.5. Distribution of individual vs friends known in real life

Table 28: Distribution of individual vs friends known in real life

		friends_known_in_person			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	All of them	15	6.4	6.4	6.4
	Most of them	108	45.8	45.8	52.1
	About half of them	51	21.6	21.6	73.7
	A few of them	58	24.6	24.6	98.3
	None of them	4	1.7	1.7	100.0
	Total	236	100.0	100.0	

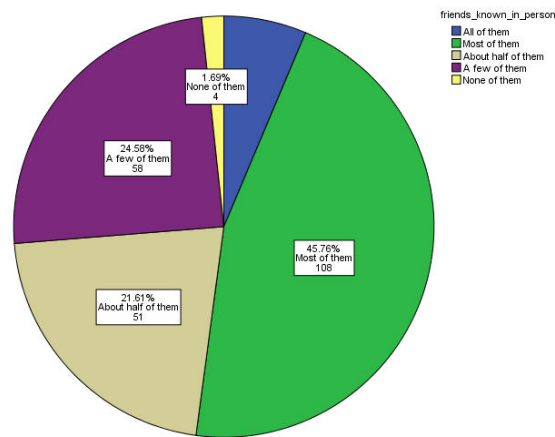


Figure 8: Graphical representation of individual vs friends known in real life

4.2.6. Distribution of individual vs number of pictures clicked in a day

Table 29: Distribution of individual vs number of pictures clicked in a day

avg_pics_perDay

	Frequency	Percent	Valid Percent	Cumulative Percent
10-15	20	8.5	8.5	8.5
5-10	35	14.8	14.8	23.3
Valid 1-5	112	47.5	47.5	70.8
0	69	29.2	29.2	100.0
Total	236	100.0	100.0	

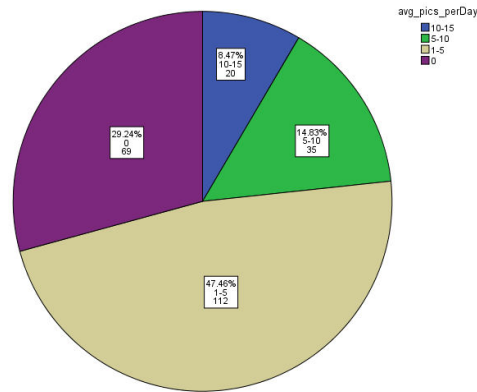


Figure 9: Graphical representation of individual vs number of pictures clicked in a day

4.2.7. Distribution of individual vs number of posts per day

Table 30: Distribution of individual vs number of posts per day

	Frequency	Percent	Valid Percent	Cumulative Percent
10	8	3.4	3.4	3.4
Valid 5-10	19	8.1	8.1	11.4
1-2	209	88.6	88.6	100.0
Total	236	100.0	100.0	

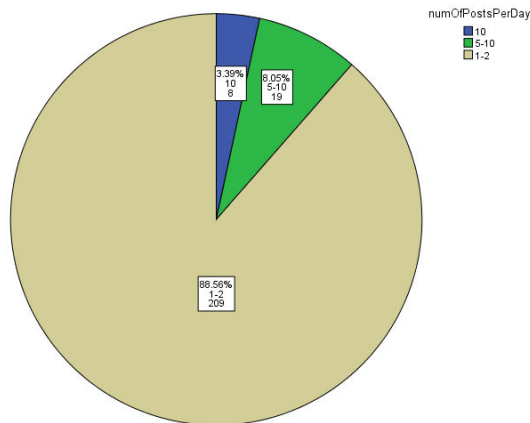


Figure 10: Graphical representation of individual vs number of posts per day

4.2.8. Distribution of individual vs time spent on SNSs per day

Table 31: Distribution of individual vs time spent on SNSs per day

time_Spent_SNS_PerDay				
	Frequency	Percent	Valid Percent	Cumulative Percent
Valid				
Around 10 hours	27	11.4	11.4	11.4
Around 5 hours	68	28.8	28.8	40.3
Around 2-3 hours	125	53.0	53.0	93.2
Less than an hour	16	6.8	6.8	100.0
Total	236	100.0	100.0	

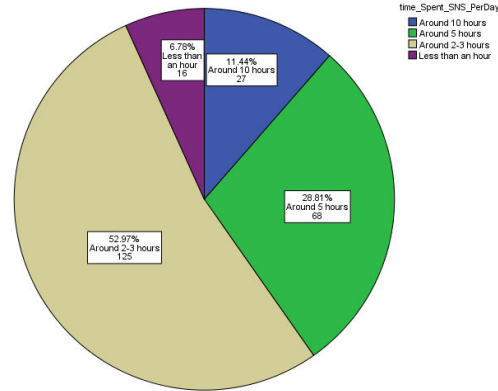


Figure 11: Graphical representation of individual vs time spent on SNSs per day

4.2.9. Distribution of individual vs business in Events

Table 32: Distribution of individual vs business in Events

GetTogether_BusinSNS				
	Frequency	Percent	Valid Percent	Cumulative Percent
Valid				
Very likely	33	14.0	14.0	14.0
Likely	135	57.2	57.2	71.2
Unlikely	51	21.6	21.6	92.8
Very unlikely	17	7.2	7.2	100.0
Total	236	100.0	100.0	

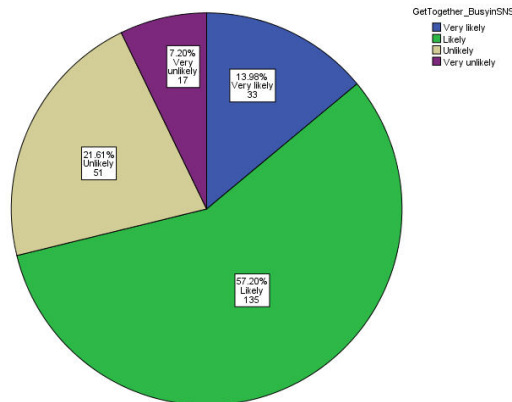


Figure 12: Graphical Representation of individual vs business in Events

4.2.10. Distribution of individual who socialize via SNSs

Table 33: Distribution of individual who socialize via SNSs

socializingSNS_socializingReality

	Frequency	Percent	Valid Percent	Cumulative Percent
Yes	165	69.9	69.9	69.9
Valid No	71	30.1	30.1	100.0
Total	236	100.0	100.0	

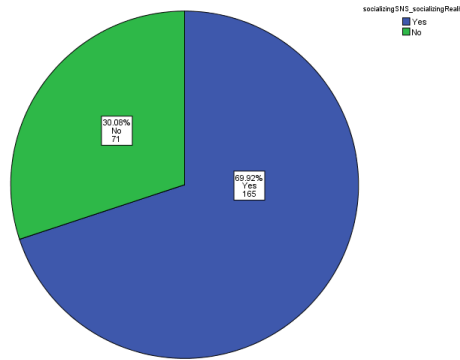


Figure 13: Graphical representation of individual who socialize via SNSs

5. CONCLUSIONS AND RECOMMENDATIONS

This part of the research consists of the findings that were obtained from the research, the conclusions that were drawn, the future works, the limitations of the work and future recommendations on the work that can further be approached in order to carry out another research following the trails of this research paper.

5.1. Research Findings

The main aim of this research was to prove that addiction towards SNSs can cause negative impacts on an individual which was seen from the responses obtained from the population size. The questionnaire helped to prove that SNS is indeed a factor as well as a facilitator that can cause psychological disorders among the general people. It was also found that social networking sites can be a cause to induce behavioural changes among the mass public which was drawn out from the analysis of the collected data. Some further findings were observed during/after the completion of this research which are listed as below:

- SNS can cause mental disorders in people regardless of their gender. It is not that addiction towards SNSs can cause negative impacts only on a particular sex. From data analysis, it was seen that both male as well as female sex of the population size were affected equally.
- Majority of people use SNSs for at least 2-3 hours of the day which is astonishing. Out of 24 hours, if 3 productive hours of the day are spent on SNS alone, then it is bound to cause negative impacts on an individual.
- Almost all of the people used mobile phones to browse SNSs. It shows that people have a special preference towards the gadget used to access the SNSs. Using smart phones for browsing SNSs shows that people want mobility in SNS's use. They are so addicted that they do not even want to leave their phones while they are sitting on the bathroom.
- Statistics shows that most people are addicted towards Facebook and then Instagram. Which are the influencers to cause behavioural changes in an individual. People were found to make at least 1 post per day on these sites. Out of 236, 136 people had 1000-2000 friends on Facebook. This shows the level of addiction towards Facebook. As reference to Jacob Amedie's paper on

Facebook depression (Amedie, 2015), most people were found to be prone towards this kind of disorder.

- According to table 31, 135 respondents (57.2%) think that they are likely to use SNS in a get together event with their friends/relatives. As per table 32, 165 people i.e., 69.9 % think that it is better to socialize via SNSs rather than to socialize in reality. And according to table 34, 160 people, i.e., 67.8 % of the total sample size feel lonely when they do not use SNS in an entire day completely. These statistics show that SNS is an inducing factor in loneliness among the general people.
- According to table 44, 31 people responded “Yes” to occurrence of psychological disorders due to addiction towards SNSs.
- From table 45, it can be seen that, among 236 respondents, 200 did not have children. But out of remaining 36 respondents, 20 responded that their children were also addicted to SNSs.
- As reference to table 46, it is seen that 47.9% think that SNSs cause behavioural changes and from table 47, it is found that 64% think that SNSs can hamper the mental status.

5.1.1. Findings for research questions

Research Question 1

a) Is Social Media highly addictive to the users?

From section 4.3 a, it is seen that people are indeed addicted towards SNSs. For this, Chi-Square test was performed (Table 51) at level of significance of 5%. The null hypothesis came true which indicated that there was a significant relationship between how likely a person uses SNS in a day and time he/she spends on it, on a daily basis.

Research Question 2

b) Does excessive use of Social Networking Sites cause psychological disorders?

From section, 4.3 b, the following findings were obtained:

- People who spent around 2-3 hours on SNS did not feel any occurrence of psychological disorders in themselves. The total number in this category would be 110 out of 236 respondents.
- Highest number of people who felt some psychological disorder’s occurrence due to growing addiction toward SNS was 16 for people who used SNS for about 5 hours per day.
- The count for the categories “Around 10 hours” and “Around 5 hours” is higher than the expected count. Through this, we can assume that higher the count than expected count, more likely are the users of SNSs to suffer from psychological disorders.

For this, Chi-Square test was performed (Table 54) at level of significance of 5%. The null hypothesis came true which indicated that there was a significant relationship between amount of time spent on SNSs in a day and feeling of occurrence of psychological disorders due to SNS addiction.

Research Question 3

c) Can Social Medias cause behavioural changes among the general public?

From section 4.3 c, the following findings were obtained:

- 47.9 % i.e., 113 respondents out of 236 think that addiction to SNSs can cause behavioral changes in them which is a huge number considering the sample size.
- Largest number of people i.e., 57 belonged to the category “Around 2-3 hours” who thought that SNS can cause behavioral changes.

- The finding was that time spent on SNSs in a day did not cause behavioral changes among the respondents.

For this, Chi-Square test was performed (Table 57) at level of significance of 5%. The alternative hypothesis came true which indicated that there was no significant relationship between amount of time spent on SNSs in a day and feeling of behavioural changes due to SNS addiction.

5.2. Conclusion

In conclusion, I would like to state that this research has been able to find out most of the possible negative impacts caused on an individual's mental level. The research has shown the relationship between SNS addiction and psychological disorders, behavioral changes as well as loneliness among individuals. Other conclusions can also be drawn out like, limiting the use of SNS in a day, socializing with real world and using SNS for more meaningful causes rather than to just post pictures all day.

At last, I would like to say that this research work has been of crucial importance for me to learn so many things circling around the negative impacts of SNSs as well as its dark side. I never thought for sure, that excessive usage of social media can be a cause for psychological disorders, loneliness etc. Through this work, I have been able to show that excessive usage of SNSs indeed can cause negative impacts on general people.

5.3. Future Works

Some future works can also be carried out based on this research. In future, a researcher can also find out:

- The positive impacts of SNSs on an individual's mental status
- It can be researched in future that, SNS can cause a specific type of psychological disorder in an individual.
- Determine the benefits of using SNSs to run the business or open up a charitable event etc.
- Researchers can also take this research as guidelines to measure the addiction level of teenagers or some other certain age group and their perception towards SNS usage.

5.4. Limitations of the research

The limitations of this research are listed as below:

- The term "Psychological disorder" in this research is a vague topic. It does not specifically point out that SNSs can cause a particular type of disorder such as depression or anxiety.
- The research does not categorize the disorders caused to an individual belonging to a specific age category such as teenager, young adults, or older aged people.
- The research does not categorize the disorders caused to an individual belonging to a specific gender.

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