

Frequent use of young people for social media .. Addiction or entertainment? .. A critical analysis study

Samir Mohamed Elewa

E-mail: samir.elewa@yahoo.com

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Abstract

Today we are witnessing an open revolution in the Internet in all fields. Social networking sites also play an important and essential role in this revolution. Social media is changed the world. It's points out websites and applications that are designed to allow people to share content fast, quickly and efficiently, and in real-time. It's essentially is a category of online media where people are , sharing, networking, bookmarking, talking and participating online. Also it's facilitates the sharing of ideas, thoughts, and information through the networks and communities. By using social media we can connect and share information with anyone on Earth, or with many people at the same time. There are a lot of people using social media for a long time during the day, we know that is benefits for this use, but there is some Entities or institutions regards that Excessive use of social media for young people is Addiction not entertainment. To know the fact of this predication we will know the meaning of addiction. We can define it as the condition of being abnormally dependent on some habit. Some addictions also include an inability to stop practicing in activities, such as gambling, eating, or working. In these conditions, a person has a behavioral addiction. There are many people using social networking sites

all time during day, but don't know if this is addiction or not. Some institutions proceed a survey to examine whether young people's social networking use influences in time which they spent with their family. According to the studies, total time using the Internet was related to lack in family time but not related to family communication.

Keywords: Social media, addiction, Behavioral addiction entertainment, Definitions, Social networking addiction, family time.

Introduction

Social Media is the collection of tools and online equipment available to help people and businesses to speed their information and communication needs. When we say 'social media' or "new media" we talking about Internet media that has the ability to deal with it in some way. It's refers to any digital platform, system, website or applications that enables people to create and share information, and connect with each other. Through social media, you can find friends, business contacts and become part of a community. Also it give you The ability to share photos, opinions, events .It's gives you what TV and other materials never could. It's has been defined as websites which allow profile creation and visibility of relationships between users web-based applications which provide ability for sharing, relationships, group, conversation and profiles. It has been referred to as social media sites or a set of information technologies which facilitate communication and networking. These days most of the young people and also children in overall world tertiary institutions are mostly and always engrossed in the social networking site usage(Walker, 2019).

With the nature of the internet world around us today and how young people are immersed in it, there is growing worry on how it affects them. The Internet is more than just a means of sharing information. People discovered that the Internet could be used to connect with other people, whether for business or commercial purpose, make new friends, reawaken old friends and long lost

relatives. Social networking has become part of the daily life experiences for an increasing number of people . Young people are among the most available users of social network sites. Emerging studies find that youth spend a large part of their daily life interacting through social media. Subsequently, questions and controversies emerge about its effects on youth development(Wolf, Sims, & Yang, 2017).

Now we want to discuss if frequent use of young people for social media is Addiction or only it's an entertainment. Addiction usually refers to ugly behavior that leads to negative or bad effects. In most addictions, people feel forced to do certain activities so often that they become a harmful habit, which then interferes with other important activities during their time all day. Addiction is described as a mental disorder caused by substances or other factors due to their effects on the brain's reward system. Indicated that the brain has extract in a way where it is only able to respond to natural rewards. Nevertheless, people have discovered how to stimulate the brain's reward system artificially (such as social media), which can act as a behavioral addiction. In addition to substance-related disorders, the also accepts behavioral addictions such as internet addiction and shopping addiction; however social media addiction has not yet been included in the DSM because of insufficient evidence for establishing its diagnostic criteria("Social media and teenagers," 2017).

The use of social media has grown exponentially to the range of engaging close to one third of the world's population as of January 2016. This growth is facilitated by the great active social media sites, especially the most popular ones such as Facebook, Instagram, Twitter, and LinkedIn.

The study problem

Social media is a way for youth to stay in touch with their friends. Many parents worry about how exposure to technology might affect toddlers developmentall. Social interaction over the Internet or simply social media plays

an important part in the lives of many young people where 87% of American youth aged 12–17 years use the Internet, and 51% use it daily. Instruments that measure addiction to a social media site proprietary to a company do not necessarily measure the construct social media. Internet addiction is not yet considered a disorder by the psychiatric literature as evidenced by its exclusion from the Diagnostic and Statistical Manual of Mental Disorder (DSM-V), published by the American Psychiatric Association. Observers of addictive behavior and scientists studying it in the laboratory or in natural settings have uniformly noted that this pure model of addiction does not exist in reality, and that the behavior of people said to be addicted is far more variable than conventional notions allow. In this research we will discuss this questions:-

1-What is difference between addiction and entertainment?

2-What is the social media addiction?

3-How we can reduce the time which spent in social media sites?

4-Can youth dispense of social media sites?

5-How can frequent use in social media impact family time?

What distinguishes this study from previous studies?

The previous studies deal with assess the problems related to social media usage among the study subjects, and to assess the various factors associated with social media addiction. Here, it will illustrate if frequent in using social media sites is addiction or it's only entertainment means. As from my point of view, Social media has become ubiquitous and almost inescapable, revolutionizing the way students communicate, interact and socialize; and has become an integral part of their social and cultural fabric.

The study content

1.0 Extent of Usage of Social Media

There is a sharp rise in the use of social networking sites (SNSs) by youth for various purposes. As social media is becoming increasingly ubiquitous to millennium learners, educators see the potential benefits of using these tools for academic purposes. It cannot be denied that the “wave of the present” is the cyber age. It is no longer a matter of choice. New information technologies will continue to become more powerful and pervasive. According to a new survey from The Pew Research Center’s Internet & American Life Project, designed to examine the social impact of widespread use of social networking sites (SNS) like Facebook, LinkedIn, MySpace, and Twitter, Facebook dominates the SNS space with 92% of SNS users using Facebook, 29% use MySpace, 18% used LinkedIn and 13% use Twitter. At present, everybody lives in a “small world,” where two arbitrary people are likely connected by a short chain of intermediate friends (Akakandelwa & Walubita, 2018).

2.0 Using social media sites as entertainment means

The study outlines that people use social media to satisfy various needs, including the need for entertainment. More and more people use social media sites as their source of entertainment, instead of watching TV programs movies. Many of them now use social media not just for sharing of information and a platform for communication, but they have found a great advantage from it for entertainment purposes. Youth use Facebook as an SNS to discuss different issues ranging from social, economic, religious and political purpose (AMANDA, n.d.).

3.0 Whether social media helps or hurts youth performance

Today, youths are the main users of social media. It's made available a platform for youth to build social networks or social relations among people. The usage of social media by youths has become a way of life and personal activities are made public. Many studies have been applied on

students usage of social media, its impact on their social behavior, education, academic performance as well as the positive and negative impact(Sussman & Sussman, 2011).

3.1 Positive Effect of Social Media on youth

There are many positive effects for social media in different fields, such as education, business, and society. It helps to meet people they may not have met outside the social media forum. Throughout the country teenagers frequently use the web, mobile phones, online games to communicate and gather information with each other(Siddiqui & Singh, 2016).

3.2 Negative Effects of Social Media on youth

According to a report distributed by PewCenter.org the greater part of the youth have progressed toward becoming damaged of the digital bullying over the past. Since anyone can make a phony record and do anything without being followed, it has ended up being especially straightforward for anyone to spook on the Internet. One of the negative effects of social media is that it make people addicted. People spend lots of time in social networking sites which can divert the concentration and focus from the particular task(Richards, Caldwell, & Go, 2015).

4.0 Social Network Addiction

Researchers at Chicago University concluded that social media addiction can be stronger than addiction to cigarettes and booze following an experiment in which they recorded the cravings of several hundred people for several weeks. People think that addiction usually involves substances use such as drugs or alcohol. Uncontrollable habits or practices are also referred to as addiction. Social media addiction is considered as a kind of internet addiction(Kuss & Griffiths, 2011).

5.0 The impact of excessive use of social media on family time

Sociologists and psychologists, meantime, have been exploring the impact of social networking on real-world relationships, especially marriage, and some

have questioned whether excessive use of social media could play a role in divorce. The frequent use in social media lead to decreased attention and increased depression which led to a negative impact on their social relationships with family(Guedes, Nardi, Guimarães, Machado, & King, 2015).

The results of the study

about 57% of social network users are 18-29 years old and have a personal profile on multiple social media websites. Social networking has become part of the daily life experiences for an increasing number of people. Social media do not only impact our relationships with others, they also impact our relationship with ourselves and how we perceive the world around us. Social media addiction is a special type of technology addiction. The term “Social media addiction” was defined for the first time by Ivan Goldberg in 1995 as a psychological illness. The addiction process unfolds for some individuals but not others, and may reflect individual differences prior to engaging in the addictive behavior or as the individual continues to engage in the addictive behavior(Adesope & Ogan-Charles, 2015).

The suggestions

Social media is a way for youth to stay in touch with their friends. Sometimes youth can feel a 'compulsion' to check their social media accounts frequently, but this is generally only in extreme cases. Social media can enhance your life by allowing you to connect with old friends and share important moments in your life. However, if not managed properly it can become an addiction that can waste your time and affect your work and relationships. We should set a time limit before scrolling through our various social media feeds(Kempa, 2015).

The conclusion

Social networking sites have gained substantial popularity among youth in recent years through this era. There is a growing body of research which

empirically supports that SNSs use has both negative and positive effects on associations and relationship. Social Media has been defined as websites which allow sharing information and visibility of relationships between users' web-based applications which provide functionality for sharing, relationships, group, conversation and profiles. Social media is a way for youth to stay in touch with their friends. Some people consider excessive use of social networks simply the latest form of Addiction. Others regards using social media is a type of entertainment means.

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