

**IMPACT OF SOCIAL MEDIA ON YOUTHS  
A Case Study of Youths, Dharan-15, Sunsari**

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Lokendra Limbu  
T.U. Regd. No: 6-2-0514-0004-2013**

**Central Department of Sociology  
Faculty of Humanities and Social Sciences  
Tribhuvan University**

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KRITIPUR, KATHMANDU**

**LETTER OF RECOMMENDATION**

The thesis entitled “**Impact of Social Media on Youths of Dharan -15,Sunsari** “has been prepared by Lokendra Limbu under my guidance and supervision. I foreword this thesis to the assessment committee for final approval and review.

.....  
Prof Dr.. Surendra Mishra  
Supervisor  
Central Department of Sociology  
Tribhuvan University  
Kathmandu, Nepal

Date: ...../...../.....

**TRIBHUVAN UNIVERSITY**  
**FACULTY OF HUMANITIES AND SOCIAL SCIENCE**  
**MASTER IN SOCIOLOGY PROGRAMME**

**LETTER OF APPROVAL**

This thesis entitled “**Impact of Social Media on Youths of Dharan -15,Sunsari** ” submitted by Mr. Lokendra Limbu for partial fulfillment of the Master of Arts in Sociology requirement has been authorized by this department in the required format of the humanities and social science faculty.

**Thesis Evaluation Committee**

**Signature**

Dr. Youba Raj Luintel  
Head of the Department

.....

Prof. Dr. Surendra Mishra  
Supervisor

.....

Bala Ram Acharya  
External Examiner

.....

Date: ...../...../.....

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## **ABBREVIATIONS**

CBS	:	Central Bureau of Statistic
CMC	:	Computer-mediated Communication
GPA	:	Grade Point Average
IM	:	Instant Messaging
SLC	:	School Leaving Certificate
SNSS	:	Social network sites
UN	:	United Nations

# CHAPTER I

## INTRODUCTION

### 1.1 Background of the Study

People are using social media to express and share their ideas, thoughts, and opinions with others. It's also about allowing people to connect with one another, as they have for thousands of years. Today, social networking is a widespread trend, particularly among teenagers. Social media provides an online statement that connects a group of people who network and share information.

Social networking sites (SNSS) networking is the most often used means of communication these days. It is utilized by people from all walks of life. Social media was broadly accepted by the public about a decade ago. Facebook, Twitter, Instagram, Pinterest, YouTube, LinkedIn, Google+, Flickr, Snap hat, and vine are just a few of several online networking sites available.

In terms of social networking site history, the first well-known social networking site was launched in 1997. SixDegrees.com was the first website that allow users to establish profiles, list their Friends, and, starting in 1998, search their Friends lists. Of fact, before Six Degrees, each of these features existed in some manner. Most major dating sites and many community sites have profiles, but those Friends' profiles were hidden from the public eye. Users could join their high school or college and search the network for individuals who shared their interests, but they couldn't build profiles or add friends until years later.

The primary goal of social media is to provide clients and users with networking opportunities. On the internet, they can converse with folks and form social relationships. They can also publish their thoughts and personal information on social media, such as daily events, speculations, images, videos, and weblinks. Individuals can also market their businesses and personal skills. Because of its ability to quickly disseminate useful information, internet networking has become the fastest growing mode of association. Many businesses have altered as a result of social media networking. However, it has the greatest significant impact in classrooms and throughout the educational system. School after school has mastered a wide spectrum

of interpersonal communication through private social gatherings, Facebook Pages, classroom Twitter profiles, and web blogs.

There's no denying that online networking services, particularly social media, have brought people closer together than ever before, but experts and researchers all around the world have been looking for flaws that consumers may have encountered. The popularity of internet networking has increased dramatically since the introduction of cell phones. The edge of traditional individual cooperation has been changed and will be more distinct for the approaching age as the use of long-distance interpersonal communication sites has increased.

Long-distance interpersonal communication has effects not just within society, such as specialized skills, self-expression, disengagement, relationships, and a feeling of humanity. It is public knowledge that in order to use social networking websites, users must first register an account and then sign in each time they visit. Every social networking service does not provide customers with the option of making their online identities private. Furthermore, there is a lack of awareness on methods for safeguarding clients' personal information. As a result, when using online networking, people face a variety of privacy and accountability problems. In particular, there have been concerns about the quality and validity of the information available on the internet due to the lack of a way to track back the facts. Rather than checking the news, people prefer to get it. This deceives them and occasionally leads to false assumptions. Furthermore, it gives them the false impression that they are progressive. Another problem is the impact of social media on the general health of society. People like to play games online that do not require any physical exercise. The reason for this is that people prefer to play games online that do not require them to perform anything physical. According to the Global Statshot estimates, by the year 2000, almost 100 million people had started using the internet and hence social networking websites. Individuals were found to be often engaged on social media websites. Even so, more people began to utilize these websites for networking, dating, and educational purposes.

While we use the word "social network site" to describe this phenomenon, "social networking sites" is also used in public discourse, and the two phrases are frequently interchanged. For two reasons: emphasis and scope, we decided not to use the term

"networking." The concept of "networking" stresses the formation of new relationships, frequently between strangers. While networking is feasible on these sites, it is not the norm, and it is not what sets them apart from other kinds of computer-mediated communication (CMC).

Students' usage of social media has increased dramatically in recent decades, affecting their study time, causing bad grammar and spelling when chatting on social media, and diverting their attention away from their studies (Ndaku, 2013). Students spend more time on social media than on academics, and this has had an impact on their GPA (GPA). An investigation into the impact of social media on student academic performance at tertiary institutions was carried out in Malaysia (Khan, 2009) Only a few studies in tertiary institutions have been conducted on this topic, and the response of the researchers were information technology students (Helou & Rahim, 2014). As a result, this study will focus on Management and Information Technology (IT) students at Erican College in Kuala Lumpur, Malaysia.

Students under research lacked confidence in face-to-face communication, according to Fezile Isik in 2013. It was a major setback for social media, according to him. In addition, a 2013 study by Akubugwo, Ijeoma, and Maria Burke found that inappropriate and unfiltered online content can have a negative impact on students. Students may utilize obscene terminology, contempt for others, educators, and the law in the general public if they use unmanaged social media frequently. On the contrary, Samir N. Hamade's research from 2013 found that the main benefit of social networks was improved communication with family and friends, as well as increased participation in social, political, and societal activities. According to the study, faculty members believe that social media use raises a number of privacy concerns. Similarly, Samir N. Hamade's findings from 2013 revealed a slew of privacy and security concerns. According to the report, a large percentage of students (70 percent) have used unsecure accounts that allow anyone to view their accounts.

According to the study, faculty members believe that social media use raises a number of privacy concerns. Similarly, Samir N. Hamade's findings from 2013 revealed a slew of privacy and security concerns. According to the report, a large percentage of students (70 percent) have used unsecure accounts that allow anyone to view their accounts.

Following that, communication channels such as blogging and instant messaging became popular. Despite the fact that blogging does not appear to be a kind of social media, the term is appropriate because it has enabled the general public to communicate rapidly and conveniently through blog websites. Following that, a slew of social networking websites popped up. MySpace was the first social networking website, allowing users to create profiles and find friends, and it served as an inspiration for the following generation of social media, such as Facebook. When compared to Facebook and Twitter, MySpace now has the smallest user base. Another website for individuals that need to construct a professional public image and develop commercial media relations is LinkedIn.

Using social media to improve learning can take several shapes, target different skills, and use a variety of methods. Social media, according to university professors, can improve contact, engagement, knowledge building, and community building. However, studies demonstrate that these same technologies can divert students' attention away from their studies and promote procrastination and superficial thinking. The research that looked at the connection between social media and academic performance and learning will be presented in the following section. Rather than a full evaluation of all types of social media, this study focuses on research that deal with the most prominent social networking applications, such as Facebook. (2001, Rovai)

Facebook is the most popular social media platform today, with over a billion users. It was founded in 2004 by Mark Zuckerberg. It was created with Harvard University students in mind when it was first introduced. Facebook now has more than a billion users. Twitter, which was founded by Jack Dorset, Biz Stone, Noah Glass, and Evan Williams, is the second most well-known social media platform. Twitter has a user base of over 500 million people. A short time afterwards, lots of new new websites offering social media services popped up. Flickr was one of the first photo-sharing social networking sites, and it remains one of the most popular today. Apart from Flickr, Photobucket and Instagram are two of the most popular online social media sites to use on business cards and other marketing materials. Tumblr, Foursquare, Pinterest, Spotify, Google Buzz, Loopt, Blippy, and Groupon are some of the other social media networking websites available. As more people began to use social

media websites, it became necessary for many corporate brands to post their social media addresses, which mostly included Facebook and Twitter web addresses. As a result, networks have evolved into a business platform. Similarly, social media became one of the channels through which web advertisers and owners could promote the appearance of their sites. Bookmarking on social media sites became a popular way to promote a post or a website, and there were services that would bookmark a post or a website. Entrepreneurs began to see the benefits of social networking marketing for business. Young individuals who wish to express themselves, collaborate, and communicate with others will benefit greatly from the internet information sharing culture. Students, on the other hand, should become more mindful of their "digital footprint" and consider what personal information they disclose online. Today, almost anything can be created, copied, pasted, and shared online with thousands of people in a matter of seconds. Every internet post, image, or message leaves a "digital footprint" that classmates, teachers, college admissions officers, potential employers, or the general public can access years later.

Students should be aware of the Internet's public and permanent nature so that they can begin to create a positive digital footprint. Students must learn more than only how to secure personal information, defend their own privacy, and respect the privacy of others. Getting students to self-reflect before they self-reveal is a key strategy for helping them control how they express themselves online. (Grayson, 2011; Madden, Fox, Smith, & Vitak, 2007; Malhotra, Totti, Meira Jr, Kumaraguru, & Almeida, 2012; Malhotra, Totti, Meira Jr, Kumaraguru, & Almeida, 2012).

Most middle school children now have access to email, social media, online films, and games, all of which require usernames and passwords. Students should learn how to develop strong passwords and secure their user accounts' private information. Apart from that, students must be cautious while downloading files, media, or content from the internet; most websites have privacy, copyright, plagiarism, fair use, and creative credit policies that students must be aware of. For students, it is necessary to understand the concept of identity theft, data theft, online viruses, and online scams, where third party companies "steal" personal information such as passwords, credit card information, and social security numbers to commit crime or fraud online. When

it comes to sharing information about oneself and others online, students must understand where the lines are drawn.

Alison Doyle, a Psychologist from the United States: People use social media to share information, text, audio, video, photos, podcasts, and other multimedia communication, according to her definition of social media. They're all social networking sites where people can share their personal information with others. Companies can also use social media to advertise their products and raise funds from the public. Social media analytics gathers and analyzes data from blogs and social media websites to assist businesspeople in making informed decisions. Social media also has a good impact on students' understanding of human behavior, as well as a bad impact on students' becoming selfish and obsessed. As a result, people from all walks of life use social media for both construction and destruction. People connect through social media by creating, sharing, and exchanging information and ideas in virtual groups and networks (Shrestha lucky, 2013).

In 2004, the United Nations defined youth as people aged 15 to 25, and all UN statistics were based on this age group. The percentage of graduate students, according to the Survey of Young Americans' Attitudes (61%) who are using social media websites is more than that of high school students (40%). Facebook (87%), Twitter (47%), Instagram (45%), Pinterest (37%), Snapchat (34%) and Tumblr (19%) are all more popular among college students. Study found in [8] says that almost 96% of all university students use Facebook in their daily routine. Other most commonly used social media platform is LinkedIn.

Nowadays, social media networking is the most widely used mode of communication. People from all walks of life use it. Social media was broadly recognized by the general public around ten years ago. Facebook, Twitter, Instagram, Pinterest, YouTube, LinkedIn, Google+, Flickr, and Snapchat are just a few of the countless online networking platforms available. The primary goal of social media is to provide customers and users with access. On the internet, they can communicate with others and form social bonds. They can also use social media to communicate their thoughts and personal information, such as daily events, speculations, photos, videos, and weblinks. Individuals can also use social media to advertise their businesses and personal skills. Because of its ability to quickly disseminate useful information,

internet networking has become the fastest growing mode of association. Social media networking has influenced a wide range of industries, but it has had the greatest impact on classrooms and the educational system as a whole. School after school has mastered a wide spectrum of interpersonal contact through some type of social media, whether it's through private social gatherings, Facebook Pages, classroom Twitter profiles, or web diaries. With such a high percentage of students utilizing social media on a regular basis, there is a pressing need to investigate the extent to which social media is influencing pupils.

There is no doubt that online networking sites, particularly social media, have brought people closer together than ever before, but experts and researchers around the world have been looking for the flaws that its users may have encountered. The use of internet networking has increased dramatically with the introduction of cell phones. With the rise in the use of long-distance interpersonal communication platforms, the face of traditional individual collaboration has altered and will become more unique in the future.

It is a well-known fact that in order to use social networking websites, one must first register an account and then sign in every time they visit. Every social networking site does not provide its users with the option of maintaining their online identities private. Furthermore, there is a lack of consideration for methods of concealing clients' personal information. As a result, when using online networking, people face a variety of privacy and accountability difficulties.

Technology is regarded as the a very important thing, and humans have to be well in order to control it. It is important to teach young people on how to use social media to advance their careers and personal development. Technology has succeeded in penetrating our bodies, blood, and emotions.

## **1.2 Statement of the Problem**

Facebook is the social networking platform with the most subscribers. Mark Zuckerberg founded it in 2004. It was created with Harvard University students in mind. Facebook now has over 3 billion users. Twitter is the second most well-known

social networking platform, having been founded by Jack Dorset, Biz Stone, Noah Glass, and Evan Williams. Twitter has over 500 million users.

Nowadays, we can see how people have developed a dependency or compulsion to use social media. People profit from social media, but they also face challenges as a result of its use and repercussions. Because of social media, people are kept up to speed on everyday news and technology. People's lives have been transformed as a result of having access to social media..

There have been numerous crimes and troubles committed through social media, demonstrating the negative aspects of the platform. On the one hand, social media is advancing the human race, while on the other, it is increasing cyber crime and health issues. Youths are huge fans of social media, which they use on a daily basis and spend the significant amounts of time on.

As a result, the study aims to determine the positive influence of social media on teenagers, who are heavily involved in various social media sectors. Whether they are up to date on current events or whether their usage of social media is leading them down a negative path. As a result, the study aims to determine the impact of social media on youngsters, as well as its good and negative features.

### **1.3 Research Questions**

The following questions have been formulated to find out the impact of Social media on the youths.

- ) How does the social media plays role on health of the youth's daily basis?
- ) What impact does the social media give on youth's ?

### **1.4 Objectives of the Study**

The objective of the study is to look at the present status of youths influenced by social media.

The main objectives of the study is -

- ) To explore the role of social media on health of the youths.
- ) To explore the impact of using social media on youth's.

### **1.5 Significance of the Study**

The aim of the study was to determine the influence of social media use on youths in the Dharan-15 municipality of Sunsari. The study will concentrate on the effects of social media use on youth. The study aims to determine whether social media has a negative or good impact on youths. The study focused on youngsters who use social media and are familiar with it and its network. The research is also important for determining whether social media has a beneficial or harmful impact on youngsters, as well as for future social media research.

The importance of the studies is listed below:

- ) It helps to figure the current situation of use of social media by the youths.
- ) It also addresses the role of social media on daily life of the youths.

### **1.6 Organization of the study**

The study is organized on the following format:-

The Chapter -I Introduction/Background of the study contains the general background of the study, statement of the problem, objectives of the study,significance of the study and limitations of the study. The Chapter-II Review of the literature is designed for the review of conceptual and theoretical framework and review of previous studies. The Chapter -III Research Methodology chapter includes various components of research methodology like as research design, population and sample, nature and source of data, data collections and tools of data analysis, etc. The Chapter –IV Data presentation and Interpretation chapter describes socio-economic profile of the study area flow of labor migration, its trend and impact of remittance in poverty reduction in the study area. The Chapter –V Summary, Summary and Conclusion. This chapter is designed for summary, major findings and recommendations.

Reference and appendices are incorporated at the end of the study.

## CHAPTER II

### LITERATURE REVIEW

The literature review is an essential part of any research paper because it serves as the foundation for the article and provides information on the study topic. A systematic critical assessment of scholarly publications, unpublished scholarly print materials, audiovisual material, and personal communications is classified as a review of literature. To obtain the most relevant information and to act in a scientific manner, the investigator conducted an exhaustive study of literature on selected themes, both research and non-research.

#### **2.1 Theoretical Review**

The theoretical literature review identifies what theories already exist, their relationships, and how existing ideas have been used to produce new hypotheses to test. It's also used to show that there aren't enough ideas to explain new or emergent research challenges, or that current theories aren't up to the task.

**The optimist's perspectives:** Functionalist theory and neo-classical theory are featured in this perspective on social media as beneficial and useful instruments. This viewpoint focuses on how social media benefits youth. It views social media as a constructive means of learning information, knowledge, and skills, as well as exploring and sharing ideas with the rest of the world.

Youths are influenced by social media in both positive and negative ways. It aids youth in flourishing and grabbing downward, therefore youth must be cautious. Youth network with a wide range of people in order to advance in their careers. Young people can use social media to share their thoughts with others. (Loebig, 2015, Nia Crawford)

The advanced and improved usage of social media platforms such as Facebook has become a worldwide phenomenon. Though it began as a hobby for a few computer literate individuals, it has evolved into a social norm and way of life for students all over the world. Students and teenagers, according to Nicole, have taken notice of these social media platforms because they allow them to communicate with their

classmates, share information, reinvent their personas, and promote their social lives. 2007 (Nicole).

**The pessimist's perspectives:** This viewpoint is concerned about the negative aspects of social media, as it supports the concept of brain drain. This idea emphasizes how social and media are intimately connected and have become a daily necessity for the youth. It has established a dependency on social media, to the point where we require it on a daily basis. Youths' physical and mental health is deteriorating as a result of their use of social media. Because there are many opportunities for disseminating negativity through social media, such as pornography, threats, bullying, and so on, things can be transferred in a matter of seconds. In terms of mental health, youngsters are dealing with issues such as stress, insomnia, restlessness, eye problems, back discomfort, and so on.

Students' usage of social media has reached epidemic proportions, affecting their study time, causing bad grammar and spelling when chatting on social media, and diverting their attention away from their studies (Ndaku, 2013). Students spend more time on social media than on academics, and this has had an impact on their GPA (GPA). At Malaysia, a study on the impact of social media on student academic performance in higher institutions was conducted (Khan, 2009) Only a few studies have been conducted in tertiary institutions on this topic, and the respondents were information technology students (Helou & Rahim, 2014).

Academic achievement is frequently poor among Facebook users. Social media has a negative impact on students' academic performance that outweighs the benefits gained from using social media platforms. People all across the world have become addicted to the internet, which has resulted in more students utilizing social media than ever before. Nalwa and Anand (2003) advised and recommended that those who are addicted to the internet prefer to use it to put off their personal and professional commitments, resulting in poor academic performance as a result.

Users of social media platforms (Facebook, WhatsApp, etc.) dedicate less time to their academics than nonusers, resulting in poorer GPAs. Karpinski, & Duberstein (2009) also stated that among the greatest diversions of today's generation, social

networking platforms (such as Facebook, Watzapp, and others) remain a key distraction. (Karpinski,2009)

**Globalization:** It is the process of creating a more linked globe through the exchange of ideas, goods, services, and markets, mostly through the use of communication and transportation, as a result of increased scientific and technological advancement. Economic, political, and cultural implications of globalization are all addressed. In other words, globalization facilitates the international expansion of numerous enterprises.

Globalization has introduced in the modern era. As a result, it is critical for everyone to be aware of and understand the worldwide economy. Around the world, there is an exchange of ideas as well as a free movement of products and services. Globalization as a concept is quite popular, and it comes with its own set of benefits and drawbacks. Globalization allows us to expand ideas, goods, and services beyond national borders while also allowing consumers to purchase goods and services at a lower cost. It also aids in the development and strengthening of diplomatic relations between countries. Because ideas, goods, and services are exchanged, developing countries can advance in science and technology by obtaining information, skills, and knowledge from industrialized countries. Foreign investment and open commerce are also encouraged. People will be able to create their social networks all around the world once they gain access to the worldwide community.

People's livelihood patterns are changing as a result of globalization. People are more connected to social media and its use as a result of globalization. This encourages cybercrime and unethical behavior through the use of contemporary technologies and equipment made possible by globalization.

**Modernization:** Modernization refers to the process of transforming a society from a traditional, rural, agrarian society to a secular, urban, and industrial one. The goal of modernization is to take your technology to the next level, whether through upgrades or totally new technologies. As a result, these technologies are enhancing and facilitating access to the internet and social media. Modernization encourages the use of advanced tools and technologies. People are increasingly familiar with social media

as a result of their access to current equipment and technology, which encourages cybercrime and other undesirable behaviors related to social media usage.

## **2.2 Empirical Review**

The process of studying and comprehending the concept of the associated research topic is known as a review of the literature. Books, papers, articles, and periodicals can all be used as study materials. This chapter is crucial for understanding the response on the relevant research topic as well as for broadening the information.

Facebook is currently the most popular social media platform with the most users. Mark Zuckerberg founded the company in 2004. It was first made available to Harvard University students alone. With over 3 billion members, Facebook is the most popular social media platform on the planet. Twitter, established by Jack Dorset, Biz Stone, Noah Glass, and Evan Williams, is the second most well-known social media platform. More than 500 million people follow Twitter. Social media has had tremendous success in recent years: Facebook, a social networking website, boasts that its active users have surpassed 3 billion worldwide, with more than half of them logging in every day (Facebook 2020)

It is not surprising that social media usage is one of the most common activities among children, adolescents, and emerging adults nowadays. It offers today's youth a portal for entertainment and communication and it is becoming one of the main platforms for accessing information and news. The social media usage of American adults aged 18– 29 years who represent the higher percentage of university students rose from 12 percent in 2005 to 90 percent in 2015 (Perrin, 2018)

Students' time is wasted on non-constructive, often unethical, deceitful, and improper activities such as texting and speaking with pals for the majority of the day, time wastage by searching for people's private lives and avoiding their real occupations and studies. For the most part, youth, particularly students, use social media to pass the time and find happiness, but it has been discovered that using the internet for academic purposes and assignments, such as online instructional exercises, online classes, and downloading training materials, is a positive step. However, using the

internet, particularly social media, for casual communication is a waste of time. (Kupuswamy and Narayan, 2010)

Because of peer pressure and because their classmates use it, a large percentage of students use social media networking. According to the findings, 67.3 percent of the participants use social networking websites. For the most part, students with a 3.0 to 3.5 GPA (Grade Point Average) use person to person chat services for fun. This is substantial evidence that students' academic outcomes are unaffected by their use of social media. Shahzad Khan (Shahzad Khan, 2012)

Social media are computer-mediated interactive tools that allow people to create and share information, ideas, career interests, and other kinds of expression through virtual communities and networks. In the north and south of Cyprus, social media networks were used in the curriculum of two private schools. The study's major focus was on comparing the actions of students from the two institutions in terms of social media usage. The study looked at the use of social systems in education as a new basic necessity. Outside of the classroom, just a small percentage of students used social media. According to the study, this is linked to parents' negative perceptions about social media. One of the more intriguing findings was that the computer technology teachers at both schools were not encouraging the usage of social networks due to a lack of faith in them. In addition, the survey found that both school's professors valued the use of social media only in conjunction with face-to-face lectures and conversation. This is due to a lack of confidence among students from both institutions in 15 face-to-face interactions. This is a significant disadvantage of social media usage. According to the findings, teachers are frequently expected to engage with their students via social media in order to ensure better understanding by providing visual examples and to wish them luck with their exams and studies. Daily course, test, and homework announcements were also posted on social media in the south school. The report also indicated the teachers' concerns about privacy at both schools. The study's conclusion was that instructors should be trained in the safe and secure use of social media in order to be competent and comfortable with them. 2013 (Fezile Isik)

A study looked into the link between students' use of social media and their academic performance. They also talked about how it might affect peer networks, partnerships,

and the development of information. Instructors who want to use social media in their classes to help students learn more should be prepared to encourage students and participate actively in the communal learning group. The belief that pupils automatically understand how to use social media could be a barrier for students who require more supervision and guidance. According to the authors, because females use social media more than males, gender may have a significant influence on the extent to which students are engaged in academic activities via social media, hence influencing their overall learning process. (Kristen Tarantino, Jessica McDonough, Ma Hua, 2013)

A recent big national study of 1588 middle school students, aged 10-15, indicated that 32% had experienced online harassment, with 43% experiencing it through instant messaging (IM) in chatrooms and 28% through social networking sites. However, some actual data contradicts these findings. For example, 1,915 girls and 1,852 boys in grades 6, 7, and 8 who attended any of six elementary and middle schools in the southern and northwestern United States participated in a recent study exploring cyber bullying among middle school students. Ybarra & Mitchell (2008; Ybarra & Mitchell, 2008).

Cyberbullying and online harassment, defined as "deliberately exploiting digital means to transmit inaccurate, embarrassing, or hostile information about another person," is one of the most talked-about concerns of social media use among minors. When someone uses internet or mobile technologies to intentionally upset or harass another person, this is referred to as cyberbullying. When someone publicly harass or disgrace others, propagate rumors, post hurtful information or images online, or say hurtful things that humiliate others, this is considered cyber bullying. Students may experience despair, suicidal ideation, or even suicide as a result of cyberbullying. When cyberbullying happens, there is a clear misuse of online or mobile technologies, necessitating the involvement of parents and schools (Ahn, Bivona, & DiScala, 2011; Al-Khateeb, & Epiphaniou, 2016).

Some empirical evidence, however, disputes these findings. A recent research of cyber bullying among middle school children included 1,915 girls and 1,852 boys in grades 6, 7, and 8 who attended any of six elementary and middle schools in the southeastern and northwest United States (Kowalski & Limber, 2007). Only 11% of

the students in this survey qualified as victims of cyberbullying, and 78% had no prior experience with cyberbullying. Victims of cyberbullying are also victims of school bullying, with no heterosexual adolescent reporting greater incidents. Cyberbullying causes increased sadness and depression, as well as attempts at suicide (Schneider, O'Donnell, Stueve, & Coulter, 2012). In general, social media sites can have both a beneficial and bad impact on suicide behavior. According to studies, kids frequently come across suicide-related content on message boards, chatrooms, and YouTube videos. Suicide prevention can also be aided through social networking sites such as YouTube and Facebook, which provide information and links to suicide prevention websites and hotlines (Luxton, June & Fairall, 2012). The purpose of the 2013 study was to look at the impact of Facebook usage on academic grades of private college students. Gender differences in Facebook usage were also studied and investigated. It was predicted that Facebook use would have a significant impact on college students' grades, and that there would be a significant gender divide in Facebook usage. For this investigation, a quantitative approach was employed. Nearly 80% of the students in the research were undergraduates. They concentrate on extracurricular activities after school because their studies are generally full-time. It can be viewed of as including the use of social media networks. Status updating was the most common activity students engaged in while on Facebook. (Sabeen Jamil, Falak Zehra Mohsin, Rabab Naqvi, Shelina Bhamani, 2013)

According to the analysis and investigation, Facebook use has no bearing on college student grades. Similarly, when it came to Facebook usage, there was no gender distinction. The second hypothesis about gender differences was similarly proved to be incorrect by statistical analysis.

The most significant benefit of social networks was improved communication with family and friends, as well as increased participation in social, political, and social activities. The two most notable drawbacks are ignoring study/work and spending too much time on social media platforms. The findings revealed a lack of understanding among students about how to use social media beyond for entertainment purposes, highlighting the need to educate students about the benefits of social networks and the nature of data found on them. The findings revealed that 60% of students were disregarding their studies or work, which is the most serious detrimental consequence

of social media. Furthermore, 58 percent of students spent the most of their time on social media. (Samir N. Hamade,2013 ).

The use of social media has a few positive effects on the lives of students. They can use social media to construct their own social lives, make their own friends, and connect with them. It is the most practical means of expressing one's ideas and beliefs. Furthermore, students can freely join other groups and debate a variety of topics without having to worry about transportation. It helps them build confidence while also improving their social abilities. Students can also strengthen their bonds with instructors, allowing them to receive greater supervision and express their academic concerns. According to the authors, one of the most significant detrimental effects of social media is that kids become addicted to it. Students utilize social media even in class as a result of their addicted behavior, causing disruption for other students as well as attention challenges for them. Their grades are affected by their inability to concentrate during lectures. As a result, social networking encourages students to engage in non-educational, unethical, and inappropriate activities such as fruitless visiting and stalking. The authors came to the conclusion that educators and parents should collaborate in order to save children's and young adults' academic careers. This coordinated effort appears to be the most effective strategy to limit social media damage. (Çolak, 2014)

Social networking can be used as a teaching tool to assist students collaborate and interact, and it is suggested that universities understand how to use social media networking for educating and learning. However, because the subject university understudy lacked an e-learning system, students were unable to collaborate and work together via social media. The authors attempted to address this problem by building a Facebook-based blog where students could connect, discuss, and share helpful information about 18 lectures, course materials, quizzes, and teachers. The authors looked at the influence of the e-learning blog on the students in terms of how much they participated in academic activities together. (Munienge Mbodila, Clever Ndebele and Kikunga Muhandji, 2014)

### **2.3 Research Gap**

Many research reports on the issue of "Impact of social media on youths" can be discovered, but in the Nepali context, there are relatively few researches conducted on this topic. Despite this, the study can be utilized to assess the social media trend and its impact on health. In another section, you might want to look into the impact of social media on young people's daily lives.

Based on the above-mentioned evaluation of literature, the studies indicate the following questions that need to be clarified, so that the impact of social media may be understood.

- ) How does the social media plays role on health of the youth's daily basis?
- ) What impact does the social media give on youth's ?

## **CHAPTER III**

### **RESEARCH METHODS**

#### **3.1 Rational of the Site Selection**

Sunsari district's Dharan Sub-Metropolitan City ward -15 was chosen as the study area. With a total population of 16,416 people, the most populous age group in Dharan Sub-Metropolitan City was 15 to 19 years old. However, the largest population age group by gender differs from the overall population; for example, the largest male population is between the ages of 15 and 19, with a total population of 8,111, while the largest female population is between the ages of 20 and 24, with a total population of 8,465. The least populated age group was between 70 and 74 with total 2,018 populations, which consisted of 943 males and 1,075 females. Top 5 most populated age groups were between 15 and 19 (16,416), between 10 and 14 (15,108), between 20 and 24 (14,963), between 5 and 9 (12,949), between 25 and 29 (12,588) with total population of 72,024.(CBS,2011).

The majority of studies on the impact of social media have been undertaken at a macro level. As a result, I intend to do micro-research on the impact of social media on youngsters aged 15 to 25. The study focuses on young people and their usage of social media, as well as the consequences of their actions. The following are the reasons for choosing this location:

- a) Many youths of Dharan are engaged on social media. Where in their daily activities the social media acquires most of their time. So the study is to find out the impact of social media on youths.
- b) The study aims to determine the impact of social media on teenagers in a specific area, which will be an essential future evaluation.
- c) I am a local citizen of Dharan as well as I have my friends in Dharan so the study was easier for me to collect the information of the youths and their activities.

### **3.2 Research Design**

The micro level case study of the Dharan Sub-Metropolitan City ward -15 Sunsari district is entitled 'Impact of Social Media on Youth.' The plan and approach for obtaining the study's answers is known as the research design. It uses interview and structural questionnaires as instruments. The research was conducted using an exploratory research approach to achieve the study's unique goals. The study's major goal was to show how social media affects young people.

### **3.3 Nature and Source of Data**

The research is based on primary data and is presented in qualitative style. The data was gathered from a field investigation as well as secondary sources that had previously been published. Secondary data is also used to improve the study's effectiveness. The information about the impact of social media on youngsters was gathered using the interview method. Secondary data, on the other hand, is gathered from relevant social media literature such as study, reports, journals, and news articles.

### **3.4 Data Collection and Techniques (Tools/Methods)**

Individual surveys with an interview schedule of data collection approach were utilized to acquire the required information as per the study's objectives.

#### **3.4.1 Primary Data**

##### **a) Interview Schedule**

The main tool for gathering quantitative primary data in the survey technique is the interview schedule, which is a set of questionnaires that are asked of the respondent and filled in by the researcher. The interview was organized, with predetermined questions and a conventional recording technique. It's also known as a directed interview because the questions are set in advance and cannot be changed. There were a total of 30 people who were interviewed.

The interview schedule is a collection of questionnaires that the respondent is requested to fill out and that the researcher fills out for them. In the survey technique,

it was chosen as the principal tool for gathering quantitative primary data. The timetable was built on a comprehensive series of questions about how much time people spend on social media, as well as the benefits and disadvantages of using it.

The interview schedule has been prepared, and it includes questions about the person who uses social media.

The relevant information was gathered using the structured questionnaire. The open and close questions were accompanied by questionnaires.

### **3.4.2 Secondary Data**

Beside primary data other data was gathered from secondary sources, which could be official or unofficial, in addition to the original data. The necessary information was compiled from journal, book, and magazine publications, as well as newspaper reports from various research centers and organizations.

### **3.5 Universe and Sample size of the Study**

The location Dharan Sub-Metropolitan City ward-15 of Sunsari district was taken as the universe of the study. Purposeful sample selection was used. The purposive strategy was chosen due to a lack of government data and records of teenagers utilizing social media.

The participants who were active on social media were chosen and interviewed. As a result, a sample of 30 people was chosen on purpose. The age range of the 30 responders was 17 to 25 years old. There were ten women and twenty men that took part in the survey. Five respondents completed SLC, 15 respondents achieved +2 level, and ten respondents passed bachelor level among the 30 respondents. In this case, all of the respondents are seen using social media and are more likely to be active on social media at all times.

### **3.6 Data Analysis**

The data was processed with the help of a scientific calculator and a computer. Both descriptive and statistical methods were used to examine the acquired data and information. The data was collected and collated during the analysis to fulfill the

study's needs. When necessary, the data was printed in percentage form, and tables, graphs, diagrams, and pie charts were employed to suit the study's criteria.

### **3.7 Limitations of the Study**

The study topic is impact of social media on youths of dharan-15, sunsari which has its limitations.

- ) This study was based on the study area's sample size, which may or may not be reliable and useful for the overall conclusion.
- ) Because the study focused on the impact of social media on youths, and some youths do not have access to social media, the results may not be trustworthy.
- ) The interview was taken from only those youths who are engaged with the social media so the data cannot be totally reliable.

## CHAPTER VI

### DATA PRESENTATION AND ANALYSIS

This chapter deals with the analysis and interpretation of the data gathered throughout the research. It is a crucial part of the research process. In response to the situation, data is collected and then processed. The information gathered is unprocessed. The study's respondents were young people aged 15 to 25, and 30 were chosen from Dharan Sub-Metropolitan City ward no15. The goal of this research was to look into the effects of social media on youths and their lives. With the data outcome analysis, the primary goal of this study will be achieved. Dharan Municipality is located in the Sunsari district of Nepal, in the eastern region of the country.

#### 4.1 Socio- Demographic Characteristics of the Respondents

##### 4.1.1 Age Group of the Respondents

This is one of the most essential aspects in demography, and it has a significant impact on all research. The youngsters between the ages of 15 and 24 served as respondents. The information in the table below describes the age groups of young people.

*Table 1: Age group of the Respondents*

S.N	Age Group	Frequency	Percentage (%)
1	15-18	14	47 %
2	19-21	7	23 %
3	22-24	9	30 %
		Total=30	100%

*Source: Field Survey, 2021*

According to the UN definition, youths are those who are between the ages of 15 and 25. Youths have been observed using social media for educational, entertainment, and social networking purposes. The responders ranged in age from 15 to 25 years old. The respondents are grouped in their age groups in the table 1 above. 14 respondents (47%) are between the ages of 15 and 18, 7 respondents (23%) are between the ages

of 19 and 21, and 9 respondents (30%) are between the ages of 22 and 24. The results suggest that most respondents are between the ages of 15 and 18. Respondents between the ages of 15 and 18 are more inclined to use the social median. It's possible that it's because it's new to them, and they see social media as a dependable source of information and pleasure.

We can see that the respondents of a younger age group are the ones who use social media the most. The findings reveal that youths are increasingly engaged in social media and are perceived as active even at a young age.

#### **4.1.2 Education level of the Respondents**

Education is one of the most important indices of societal change and economic and social advancement. Education is important in the decision-making process in society and in her own life. Education is crucial to a person's growth and development. It is one of the most important degrees for determining a community's socioeconomic position. Furthermore, education is a necessary component of a young person's existence. The education level of the respondents is depicted in the table below. As of 2011, only 106,424 persons in Dharan Sub-Metropolitan City were totally literate, meaning they could read and write, while 2,349 could read but not write (CBS 2011). The education level of the respondents can be seen in the table below:

*Table 2: Education level of the Respondents*

<b>S.N</b>	<b>Level of Education</b>	<b>Frequency (F)</b>	<b>Percentage(%)</b>
1	SLC Level	5	16.5 %
2	+2	15	50 %
3	Bachelor	10	33.5%
		Total = 30	100 %

*Source: Field Survey, 2021*

Because they are at various levels of schooling, all of the responder adolescents are students. Table 2 reveals that 5 respondents did not pass the SLC, which is the minimum number of 16.5 percent. Maximum 15 respondents completed +2 levels,

which is 50%, and 10 respondents passed bachelor levels, which is 33.5 percent. The majority of the adolescents that responded have completed +2 levels.

### 4.1.3 Gender of the Respondents

According to the 2011 population census, the male to female population ratio in Dharan Sub-Metropolitan City was 0.89, with 46.96 percent (64,671) of males and 53.04 percent (73,034) of females (CBS 2011).

*Table 3: Gender of the Respondents*

S.N	Gender	In Numbers	Percentage (%)
1	Male	20	66.5%
2	Female	10	33.5 %
		Total = 30	100 %

*Source: Field Survey, 2021*

The gender of the respondent is shown in Table 3. Table 3 shows a total of 20 male respondents (66.5%) and a total of 33.5 percent female respondents. Male respondents are more likely than female respondents to utilize social media because they are more interested in online games and networking. In terms of gender differences, men respondents are more likely to utilize social media than female respondents.

### 4.1.4 Family Size of the Respondents

*Table 4: Family Size of the Respondents*

S.N	Family Size	Frequency (F)	Percentage (%)
1	Small (below 3 family members)	9 respondent	30%
2	Medium (3-5 family members)	16 respondent	53.5%
3	Large family (Above 5 members)	5 respondent	16.5 %
		Total = 30	100%

*Source: Field Survey, 2021*

In table 4, the size of the family was divided into three categories. The bulk of the respondent families fell into the medium size family category (53.5%), followed by small size family (30%), and large size family (30%). (16.5 percent ). The majority of the migrants are from medium families, with 16 households, small families with 9 households, and large families with 5 households.

#### **4.1.5 Religion of the Respondents**

The fact that Hindus make up the majority of the population in the country is reflected in this study. Nepal has traditionally been a religiously harmonious country. As the population grows, so does their representation in formal works. Individuals' attitudes, behavioral patterns, and styles are heavily influenced by their religious beliefs. Religion is known as the foundation of any society's and family's rules, values, and cultural pattern. Religions each have their own set of rules, values, and cultural patterns.

*Table 5 : Religions of the Respondents*

<b>S.N</b>	<b>Religion</b>	<b>Frequency</b>	<b>Percentage (%)</b>
1	Buddhist	8	26.5 %
2	Hindu	17	57 %
3	Christian	5	16.5%
		Total = 30	100 %

*Source: Field Survey, 2021*

In the study region, two types of faiths were observed, as shown in table 5. According to the data, Hinduism was the most popular religion in the research area, with 57 percent following it. Buddhists were up 6.5 percent of the population, while Christians made up 16 percent.

#### 4.1.6 Ethnicity of the Respondents

Table 6 : Ethnicity of the Respondents

S.N	Ethnicity	Frequency	Percentage (%)
1	Janjati (Rai, Limbu, Magar, )	24	80 %
2	Brahmin	6	20 %
		Total = 30	100 %

Source: Field Survey, 2021

The frequency of respondent ethnicity is shown in Table 6, with 24 janjati and 6 Brahmins. The Janjati (Rai -6 respondent, Limbu-13 respondent, Magar-5 respondent) make up the majority of the respondents (80%), while the Brahmin make up the remaining 20%. (20 percent ). The findings suggest that the study area has a higher proportion of janjati responder youth.

#### 4.2 Health problems of the Respondents by the using of Social Media

Table 7: Health problems of the Respondents by the using of Social media

S.N	Health problem (Eye problem, headache, Sleeplessness, back pain, Lower energy level, Weight gain or lose, etc)	Frequency	Percentage (%)
1	Having Health Problem	30	100%
2	Nor having health problem	0	0%
		Total=30	100%

Source: Field survey:2021

Long-term use of social media causes long-term physical and mental harm to every youngster. All 30 respondents had health issues as a result of long-term social media use. Table 7 shows that 100 percent of respondents have a health concern. It entails a considerable period of time spent on social media. There are 0 respondents who say that using social media for a long period hasn't caused them any health problems.

Long-term usage of social media, as seen in the table, is extremely harmful to our physical and mental health. According to statistics, people who use social media for a long time are more likely to have health problems. The table also reveals that all of the respondents had been using social media for quite some time.

#### 4.3 Time Duration of the Use of Social Media have been used by the Respondents

*Table 8: Time duration of the use of social media have been used by the Respondents*

S.N	Duration of using social media	Frequency	Percentage (%)
1	2year	0	0%
2	4 year	9	30%
3	More than 6 year	21	70%
		Total =30	100%

*Source: Field survey, 2021*

It is really tough to stop using social media once we have been accustomed to it. It will become a habit and an addiction. Table 8 divides the time spent on social media into three categories. 0% of respondents have used social media for less than two years. There are 9 respondents who have used social media for four years (30%) and 21 respondents who have used social media for more than six years (70%). We can see that youths are more inclined to use social media since the duration of time spent on social media by youths is greater. From the outset, young people have been spotted utilizing social media.

#### 4.4 Hours of using Social Media per day by the Respondents

*Table 9: Hours of using social media per day by the Respondents*

S.N	Hours of using social media per day	Frequency	Percentage %
1	3 hr	0	0 %
2	6 hr	12	40%
3	More than 6 hr	18	60%
		Total =30	100%

*Source: Field Survey, 2021*

We are so involved in social media that we do not notice the passage of time once we begin to use it. Table 9 divides the number of hours spent on social media every day into three categories. It reveals that the majority of respondents use social media on a daily basis. There are no respondents who use social media for less than 3 hours. 12 respondents use social media for 6 hours or less (40%) and 18 respondents use social media for more than 6 hours (60%). More young people are spending more than 6 hours every day on social media.

In this case, the majority of the respondents use social media on a daily basis.

#### 4.5 Respondent Age when used the social media for the first time

*Table 10: Respondent Age when used the social media for the first time*

S.N	Age when used the social media	Frequency	Percentage (%)
1	10-15 yrs	6	20 %
2	16-20 yrs	20	66.5 %
3	20-25 yrs	4	13.5%
		Total=30	100%

*Source: Field survey, 2021*

Table 10 divides the hours spent on social media into three categories. When utilizing social media for the first time, the six respondents were between the ages of 10-15 years (20 percent ). 20 respondents were 16-20 years old (66.5 percent) and 4 respondents were 20-25 years old (13.5 percent) when they first used social media. The majority of the respondents in this study were extremely young when they first began using social media.

#### 4.6 Reason and Purpose for use social media by the Respondents

Table 11: Reason and Purpose for use social media by the Respondents

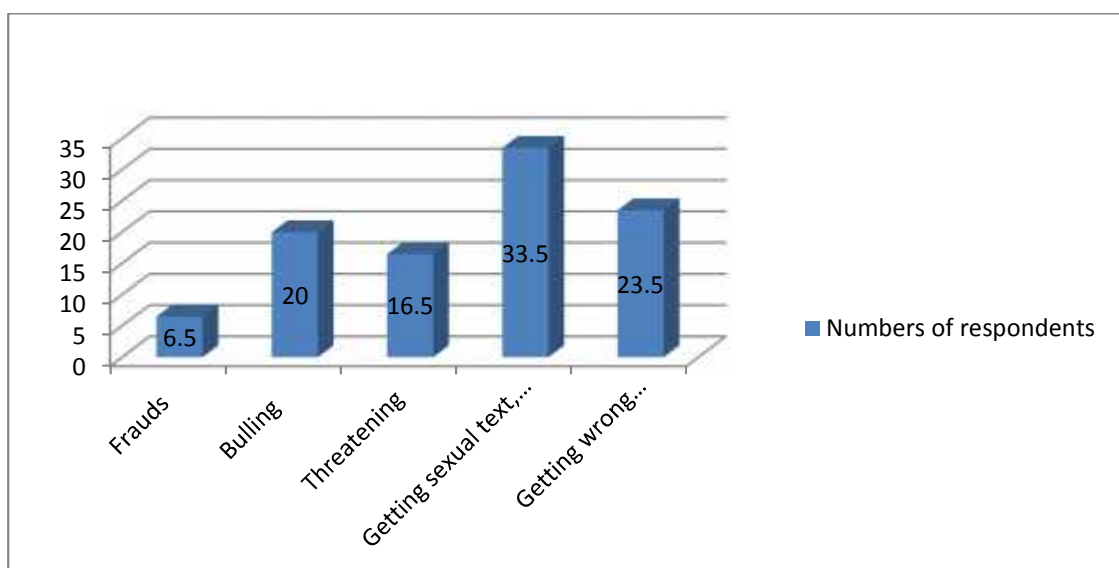
S.N	Reasons	Frequency	Percentage (%)
1	Friends /peer influence	10	33.5%
2	Curiosity	5	16.5%
3	To making new friends	4	13.5%
4	Educational purpose	4	13.5%
5	For the Entertainment	7	23 %
		Total=30	100%

Source: Field survey, 2021

There are reasons for using social media in table 11 since the highest number of respondents use it because of friends and peer pressure (33.5). 5 respondents (16.5%) used social media to satisfy their curiosity, 4 respondents (13.5%) used social media to make new acquaintances, 4 respondents (13.5%) used social media for educational purposes, and 7 respondents (7%) used social media for enjoyment (23 percent). The respondents primarily used social media as a result of peer pressure or influence.

#### 4.7 Problems faced while using the social media

Figure 1: Problems faced while using the social media



Source, Field Survey 2021

In Figure 1, challenges encountered while utilizing social media are depicted, with a maximum of 10 respondents reporting difficulties in obtaining sexual text, images, or videos (33.5 percent ). Fraud is an issue for two respondents (6.5 percent), for example, scammers making enticing offers and obtaining the respondent's money. Bulling is a problem for six respondents (20%), for example, transmitting unpleasant comments and disseminating incorrect information about the responder. Threats are a problem for 5 respondents (16.5 percent), such as threats of kidnapping or life threatening and demands for ransom money. The 7 respondents (23.5%) have an issue with acquiring incorrect information, such as incorrect data from the internet, which is unofficial and inaccurate.

In this case, every single respondent encountered issues while accessing social media. This demonstrates that by utilizing social media, everyone is exposed to problems and violations, which can be life threatening at times.

## **CHAPTER V**

### **SUMMARY AND CONCLUSION**

#### **5.1 Summary**

The main objective of the study was to find the impact of social media on youths in the study area.

The research study was centered on the topic "Impact of Social Media on Youths" and was conducted in Dharan -15 of Sunsari district to achieve the above stated goal of the study.

The research design for this study was descriptive as well as analytical. The study's sample includes a non-random household as the study's study area. A total of 30 people were chosen as the sample size. There are ten ladies and twenty males among the total responders. The quantitative and qualitative data was acquired utilizing the interview method with respondents in the Dharan -15 research region.

All of the responders were students of various educational levels. Many young people nowadays are accustomed to utilizing social media. In general, social media has had a negative impact on individual youths on a micro level. The survey found that youngsters spend the majority of their time on social media on a daily basis, which has a negative influence.

Every respondent has their own issues with long-term social media use, such as eye difficulties, headaches, insomnia, back discomfort, low energy, and weight gain or loss. It demonstrates that youth are experiencing health issues as a result of spending more time on social media. The study found that teenagers' health is deteriorating day by day as a result of their usage of social media, demonstrating the harmful influence of social media on youths.

According to the findings of a survey of all respondents, 60% of young people spend more than 6 hours each day on social media. Youths devote a significant amount of time to social media on a daily basis, which is unhealthy. A total of 66.5 percent of the total respondents began using social media when they were between the ages of 16 and 20 years old.

On a daily basis, the respondents are shown to be dealing with a variety of issues, including fraud, bullying, threatening, obtaining sexual content, and having incorrect knowledge. These issues can sometimes be fatal. In this case, social media has a negative impact on teenagers' physical and mental health, with social media spreading negativity and having a negative impact on youths.

According to the findings, social media has a greater negative impact on the lives of young people than it does a favorable impact. Where social media has developed a sense of reliance among adolescents, and youths spend the majority of their time on social media, which is detrimental to their physical and mental health. Furthermore, the study reveals that social media has a negative impact on the youngsters of Dharan-15, Sunsari district.

### **Key findings**

- ) In sum, 66.5 percent of all respondents began using social media at a fairly young age, between the ages of 16 and 20.
- ) The majority of the respondents have a habit of spending more time on social media, with 60% of them spending more than 6 hours per day on social media and 40% spending less than 6 hours per day.
- ) 33.5% of the respondent have used social media due to friends /peer influence.
- ) More over all the respondents have faced the problems while using social media and among them 33.5% of the problems if of getting sexual text, picture or videos.
- ) All of the respondents have had physical health issues such as eye problems, headaches, insomnia, back pain, low energy, weight gain or loss, and so on.
- ) 53.5% of the respondent which is the majority group are form the medium family size.
- ) All of the respondents have been victims of cybercrime or have dealt with issues such as fraud, bullying, threatening, and receiving sexual content or incorrect information.

## 5.2 Conclusion

The term "social media" refers to web-based services that allow people to connect with one another. The goal of social media is to allow people to express and share their ideas, thoughts, and opinions with others. Everyone nowadays, especially the younger generation and youths, is familiar with and connected to social media. As a result, this research was conducted with the goal of determining the impact of social media on youths. Sunsari, Dharan-15

Social media has a harmful impact on the youngsters of Dharan-15, Sunsari district, according to the study. However, data collection was facilitated by a well-thought-out research design and a well-defined questionnaire. Youths are the ones who use social media the most since they have become accustomed to it. They spend the bulk of their waking hours on social media, and they are thought to be addicted to it.

Youths who spend the majority of their time on social media have experienced a variety of physical issues such as eye problems, headaches, insomnia, back discomfort, low energy, weight gain or loss, and so on. The majority of the time, youths are glued to social media and are also physically unfit. In this case, social media has had a harmful impact on the kids.

Cyber crime has increased dramatically as a result of social media. Every respondent has experienced mental health issues as a result of their use of social media. Fraud, bullying, threatening, obtaining pornographic content, and incorrect knowledge are some of the issues that the respondent has had to deal with. Social media is at the root of a lot of cybercrime, which is bad for everyone.

According to the research, social media has a negative impact on youths in general. Though social media has a bright side, it is also playing a harmful role in the lives of young people. The youth have made it a habit to use social media on a daily basis. On the one hand, social media creates a reliance in adolescents, making them completely reliant on it; on the other hand, it has caused physical and mental health concerns in teenagers, which is a negative aspect of social media.

As a result of this research, we may conclude that social media has a negative rather than a good impact on youths. They are becoming increasingly reliant on the internet network as a result of social media, which is causing physical and mental health issues.

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**Appendix - I**  
**Interview Schedule**

Name of the respondents .....

Educational Qualification.....

Gender ..... Age.....

Caste .....Religion.....

Name of the village/Tole .....

- 1) Family members Size
  - a) 1-2 members
  - b) 3-4 members
  - c) 4-5 members
  - d) 5-6 members
  - e) Above 6 members
  
- 2) How many types of social networking accounts do you maintain?
  - a) Don't have any social network account
  - b) 1
  - c) 2
  - d) 3
  - e) More then 3
  
- 3) How many new friends did you have made in social media?
  - a) 2
  - b) 4
  - c) 6
  - d) More then 6
  
- 4) Do you have any health problems issues regarding the use of social media?  
(For example :- Eye problem, headache, sleeplessness, back pain, low energy level, weight gain or loss, etc)
  - a) Yes
  - b) No
  
- 5) Do you think Social media is beneficial for youth in the field of education?
  - a) Yes
  - b) No

- 6) Do you think social media chatting, calling, sharing links, liking links is the wastage of time for youth
  - a) Strongly disagree
  - b) Disagree
  - c) Agree
  - d) Strongly agree
  
- 7) On average, how often do you check your facebook account?
  - a) Never
  - b) 1
  - c) 2
  - d) Multiple time
  
- 8) How do you rate the cyber crime social media?
  - a) Not a problem
  - b) Normal problem
  - c) Serious problem
  
- 9) Do your all classmates are engaged in social media?
  - a) No
  - b) Yes
  
- 10) How to you see the daily activities without social media?
  - a) Normal
  - b) Difficult
  
- 11) Do Social media is necessary for youth now a day?
  - a) Strongly disagree
  - b) Disagree
  - c) Agree
  - d) Strongly agree
  
- 12) How do you take the use of social media in today's time?
  - a) Negative Impact
  - b) Positive Impact
  
- 13) How do you rate the negative impact of social media upon the youths?
  - a) No negative impact
  - b) Little bit

- 14) How long did you have been using social media?
- a) 2 years
  - b) 4 years
  - c) More than years
- 15) How much do you give to social media in a day per hour?
- a) 3 hours
  - b) 6 hour
  - c) More than 6 hour
- 16) At what age you used the social media for the first time?
- a) 10-15 years
  - b) 16-20 years
  - c) 20-25 years
- 17) Reason and purpose for using social media
- a) Friends/peer influence
  - b) Curiosity
  - c) To make new friends
  - d) For educational purpose
  - e) For the entertainment
- 18) What things to be made to have benefits of social media?
- 19) What changes should be there for minimizing the cyber crime?
- 20) Do you find the youths should get involved in social media? If Yes/No. why?