

Research Article

A Study of Correlation Between Frustration and Social Media Usage

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Abstract

In the communication era, more college students are experiencing stress. Frustration among college students may be related to their social media use. However, this relationship has not been confirmed. This study aims to investigate the relationship between different types of social media use and frustration among college students and the mediation of communication on this issue. A sample of 100 students from 2 colleges in Kannad Taluka Chhatrapati Sambhaji Nagar district was analyzed. Correlation and structural equation modelling revealed that social media use is associated with stress. Social media use has a negative effect on stress. Communication skills partially moderate the relationship between social media use (passive/active) and stress. Social media use can reduce social stress by controlling communication, while improvements in communication can also reduce the impact of social media frustration. Differences in the effects of different media use on frustration deserve attention from educators. Learning how to communicate among college students can help reduce their frustration.

Keywords: social media; frustration; stress; college students

Introduction

Frustration, also known as "social phobia", refers to the negative anxiety experienced by a person due to fear or Frustration, of being negatively evaluated by others regarding good social situations in society. While the prevalence of Frustration, among college students worldwide is approximately 9.35% in India, this rate is as high as 12-14% college students suffer from social anxiety if Frustration, is not treated or cured, it can develop into serious social anxiety and continue to affect students' learning, career development, and mental health. Considering the burden that Frustration, brings to the individual and society, it is necessary to investigate the mechanisms of its occurrence and develop interventions. Years, especially young people. Social networking sites (SNS) such as Instagram, Facebook, and Twitter have become an important part of people's lives. According to statistics, there are 2.23 billion monthly active Facebook users worldwide, and this number is increasing by 11% every year As of June 2021, the number of netizens in country reached 1.011 billion, and among them, the largest share of jobs belongs to university students with 23.0%. Activities can be affected by social media use. According to research, social networking use can cause stress in people. Various theories suggest possible mechanisms by which social media use can cause Frustration.

Individuals may be more sensitive to negative evaluations of others and may even predict negative evaluations of others about themselves in their online self-presentation, which may lead to social anxiety. According to the classical social comparison theory, people use others as comparison models for self-evaluation when there is no real information, especially in the absence of interaction, and the passive use of personal relationships leads to many increases in comparison. According to the behavioral theory social anxiety is caused by changes in emotional state, which means that social anxiety may be caused by a lack of relationship rather than a lack of communication. This evidence calls for a better understanding of the risk factors of social anxiety. In this study, we aimed to examine the relationship between social media use and social anxiety, including the mediating role of communication.

Social media provides an online environment that allows users to add "friends" to the same network and share personal thoughts, photos, etc. with these "friends". Social media use facilitates social comparisons among young people, leading to poor mental health and dissatisfaction with life. Some studies have shown that social media use can cause stress in people. A study conducted in Calcutta found that social networking sites (SNS) and their expectations were associated with anxiety and depression among medical students. A study conducted in Hong Kong, China also found that students who spent more time on social media were more likely to experience depression and anxiety. Social media users may experience

physical stress due to negative feedback from others, cyber bullying, learn more about stressful situations in others' lives, and may experience pressure to maintain a relationship.

The internet has changed. Social media use can also lead to extensive communication as people are bombarded with messages from multiple electronic devices at the same time, which is associated with pulmonary depression. Social networking sites are divided into two groups according to their usage differences: active and inactive use. Social media is about communicating with others (sending emails, commenting on friends' messages, etc.) and generally refers to searching for social sites without interfering with the conversation with others (seeing your friends' news without participating in comments). To date, data on the differences in social media usage is limited. However, a recent study suggests that social media usage may affect the human brain.

Significance of the study

- This study may provide quantitative data on study of correlation between frustration and social media usage.
- The study may bring an impetus for future experimental studies regarding the effect on prediction of behaviour on the bases of frustration and social media usage.

Methodology

Objectives

- The purpose of this study is to determine whether using correlation between frustration and social media usage.
- To explore whether correlation between frustration and social media usage.
- To suggest the importance of correlation between frustration and social media is predictive of their compatibility with others.

Hypotheses

- H1- Higher frustration on higher social media usage.

Sample

Locus of the prevailing investigation could be restrained to college a situation could be taken from the population eventually 100 college students will select for 2 colleges in Kannad Taluka Chhatrapati Sambhaji Nagar district. The stratified randomize pattern taken into consideration for the examiner consisted of 100 college students. The efforts will be made to have the sample as consultant as possible in terms of vicinity of dwelling.

Measurement Tool

1. Description of the Self-Information Schedule:

This schedule was saturated by to collect the following facts about the student.

- Personal Information: Name, Sex, Age, Caste, occupation and yearly income.
- Use of Social media

2. Frustration test

Constructed by Shinha this test good validity and reliability.

Variables under Study

I) Independent variable

- College Student

II) Dependent variable

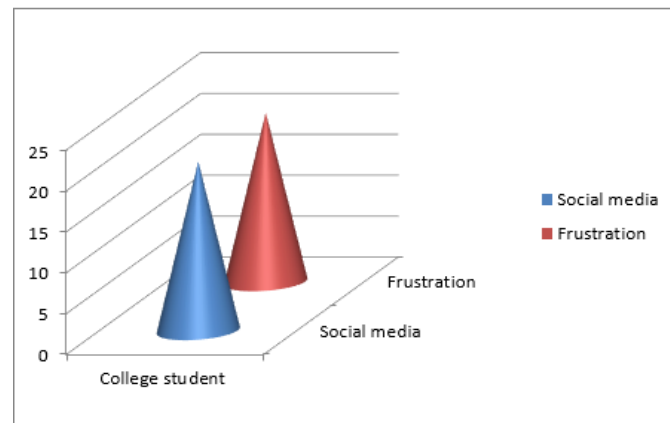
- frustration and social media usage

Proposed Statistical Procedure

- Pearson correlation coefficient (PCC)

Result Analysis

- **Hypothesis No.1:** H1- Higher frustration on higher social media usage.
- These the hypothesis is supported Display the graph there is college student high frustration level of high social media is positive correction.



Conclusions

On the idea of records and dialogue of outcomes, the hypotheses had been examined and confirmed. Some hypotheses have been partially retained and some have been rejected and following conclusions had been drawn.

- Frustration and social media has a tendency to show higher frustration on higher social media usage positive correction.

Limitations and suggestions of the present research

Some limitations inherent in this study are;

- The population was constrained regions restricted Chatrapati Sambhaji Nagar District best. it can be spread into different areas additionally.
- The sample of the observe become small. The look at also can be performed by means of taking massive pattern length.
- The equipment used on this research had been self – reporting device, it is consequently stated that the accuracy of statistics reported is limited to the capabilities and willingness of the respondents to present truthful responses.

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