

Effects of Quitting Social Media

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Abstract

Social media has a repute of having bad effects the society. This research discovers the impact of quitting social media and explores if quitting social media is actually beneficial to the individual. A group of 15 people all between the ages of 18 to 30 were asked to quit social media for a period of 10 days. Post, which, they responded to a questionnaire. All the respondents agreed that social media is beneficial to the youth and that it affects the lifestyle of the person. Many of the respondents believed that social media influences them. However, the respondents faced many problems during the hiatus such as losing contact with their loved ones, no entertainment, having difficulty passing time and being updated about what is going on around and so on.

Keywords : *Social media, quitting, youth*

Introduction

Social media is the collective of online communications channels dedicated to community-based input, interaction, content-sharing and collaboration. Websites and applications dedicated to forums, microblogging, social networking , social bookmarking, social curation, and wikis are among the different types of social media. Social media are computer-mediated tools that allow people or companies to create, share, or exchange information, career interests, ideas, and pictures/videos in virtual communities and networks.

The term 'Social Media' refers to the wide range of Internet-based and mobile services that allow users to participate in online exchanges, contribute to user-created content, or join online communities. Social media is a phenomenon that has transformed the interaction and communication of individuals throughout the world. The idea of quitting social media has been controversial due to both the advantages and disadvantages of using social media. The most important advantages being- Social media is a good tool to publicize your work, constant flow of information from updates and real time communication, provide added context and value to knowledge; social networking sites are a window to different culture and places. The most important disadvantages being - Decreases face-to-face communication skills, reduces family closeness, causes distractions, creates a skewed self-image.

Social media today consists of thousands of social media platforms, all serving the same – but slightly different purpose. Of course, some social media platforms are more popular than others, but even the smaller ones get used by a portion of the population because each one caters to a very different type of person.

Objectives:

Social media has had both positive and negative effects on the society. There have been no definitive researches on the effects of quitting social media. In addition, no such studies to see if the positive effects outweigh the negative ones or vice versa. There have been many arguments if one should quit social media or not. The findings of this study will lead the society to consider quitting social media. Thus, for youth aged between 18 and 29, who are the most users of social media, the results derived from this study will be a guide. The study will uncover the truth behind quitting social media benefiting in the individuals personal growth.

The main aim of the study is to determine the possible outcome of quitting social media. The study focuses on finding out if the quitting would actually be beneficial to people. Moreover, to find out the behavioral changes in the participants if any.

Statement of the problem:

The idea of quitting social media has been controversial because of both the advantages and disadvantages of social media. The most important advantages being- Social media is a good tool to publicize your work, constant flow of information from updates and real time communication, provide added context and value to knowledge, social networking sites are a window to different culture and places. The most important disadvantages - Decreases face to face communication skills, reduces family closeness, causes distractions, creates a skewed self-image.

Many people think that quitting social media has no significant benefits. They have failed to notice, however that social media has got a grip into our lives and is constantly harming their personality much more than he/she has anticipated. Social media addiction is on a rise and it is a much bigger problem than most people think. People have no idea how much actual time they spend on social media. There have been many scientific researches that have found that quitting Facebook, the most used social media platform can have positive effects on happiness, concentration and productivity.

Significance of the study:

Social media has had both positive and negative effects on the society. There have been no definitive researches on the effects of quitting social media. In addition, no such studies to see if the positive effects outweigh the negative ones or vice versa. There have been many arguments if one should quit social media or not. The findings of this study will lead to the society considering whether or not to quit social media. Thus, for youth aged between 18 and 29, who are the most users of social media, the results derived from this study will be a guide. The study will uncover the truth behind quitting social media benefiting in the individuals personal growth.

Purpose of the study:

The main aim of the study is to determine the possible outcome of quitting social media. The study focuses on finding out if the quitting would actually be beneficial to the youth. And to find out the behavioral changes in the participants if any.

Case studies:

1. How 30 days without Social Media changed my life

STEVE CORONA, CTO OF TWITPIC

The goal of giving up social media was to create more value in life, quit hoarding information, and appreciate the time spent with friends. So, full disclosure- briefly used were Facebook and Twitter 5 times during the hiatus to pimp blog posts, and it was okay, because it was for the sole purpose of sharing value. The decision was to give up social media for a month. Twitter, Facebook, Reddit and Hacker News were all on the blacklist. The benefits were immediately apparent. With a mind free to wander and explore, I started to create things, to make moves, rather than suck down a never ending stream of information. Not knowing what your friends are doing every second is liberating. It's amazing how much you have to talk about when you don't have a constant plug into their life. I built stronger friendships and forged a couple of new ones, including a relationship.

2. 7 Ways Quitting Social Media Can Transform Your Life

ALDEN TAN, BLOGGER, PICK THE BRAIN

A couple of months ago, the blogger made the decision to quit Facebook. Effectively right after, he stopped logging in completely. This actually surprised some of my friends. To sum up why he did it, he felt that Facebook was turning him into a depressed robot. Robot because he felt trapped in a cycle. A system if you will. He hated how he would log in just to check for "a bit" of updates, only to continuously surf his feed for more and more mundane updates to get a feel of being entertained, when he wasn't really. Since he quit, he has never looked back. You'd be amazed how much your life can change if you go on a social media fast. No, it's not just about freeing up time and improving productivity. Quitting social media can go to the core of your emotions. It can transform your life. This is not just about distraction. This is about appreciation. This is about remembering what lights your fire and touches you deeply. This is how you appreciate the finer things and go back to being yourself.

Methodology:

The survey method which is adopted here is the questionnaire as it can be easily communicated to people. There were 23 questions prepared, 21 of them were closed-ended questions so that the respondents can easily just select the correct answer. These questions included questions on demographic profile as well. There were 2 open-ended questions in the questionnaire.

The questionnaire was prepared and was distributed among the participants.

Before conducting the survey, a group of 15 people all between the ages of 18 to 30 were asked to quit social media for a period of 10 days. Post, which, they would fill up a questionnaire. Therefore, the sample size of my questionnaire is 15. The samples were chosen randomly.

Are you addicted to any of the Social Media platforms?

Yes	07	46.66%
No	08	53.33%
Total	15	100%

Do you think Social Media influences you in any way?

Yes	12	79.99%
No	03	19.99%
Total	15	100%

Did you feel any difficulty spending the time off of Social Media for the said 10 days?

Yes	12	79.99%
No	03	19.99%
Total	15	100%

At any point during the social media hiatus, did you feel that social media had gained control of your life?

Yes	09	59.99%
No	06	39.99%
Total	15	100%

Post the social media hiatus; did you feel a sense of fulfillment?

Yes	06	39.99%
No	09	59.99%
Total	15	100%

Did you feel you had more time at hand when you had quit social media?

Yes	13	86.66%
No	02	13.33%
Total	15	100%

Did you feel that you had increased productivity during the social media hiatus?

Yes	08	53.33%
No	07	46.66%
Total	15	100%

According to you, was a break from Social Media a good one?

Yes	07	46.66%
No	08	53.33%
Total	15	100%

Conclusion

This research has enabled in understanding the Impact of Social Media on youth and in understanding the Effects of quitting Social Media.

The respondents admitted that they used Social Media apps for a duration ranging from 1 hour to 3+ hours, and with the absence of Social media; they had more free time at hand. Due to not having to spend time of Social media, they had increased productivity. Most of the respondents admitted that social media had gained control of their lives. The respondents during this hiatus had taken up to calling friends and relatives rather than just messaging. Most of them admitted to taking up a hobby during this time and spending more time with family.

All the respondents agreed that social media is beneficial to the youth and that it affects the lifestyle of the person. Many of the respondents believed that social media influences them.

However, the respondents faced many problems during the hiatus, losing contact with their loved ones, no entertainment, having difficulty passing time and being updated about what

is going on around. Regardless of the benefits of quitting social media, the participants had felt no sense of fulfillment after quitting. It had made no difference to them. In addition, contrary to the popular belief most of them did not feel stressed during the hiatus. Most importantly, a majority of the participants felt that the break from Social Media was in fact not a good one.

Overall, the study says that quitting social media clearly has more negative effects than positive effects.

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