

Impact of Selected Digital Apps on Behavioral Aspects of Adolescents in Selected Schools

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Abstract

Teenagers today are profoundly impacted by the digital world, particularly in light of the widespread use of social media platforms and apps. The internet user base in the country is approximately 125 million. India is expected to have close to 165 million mobile internet users by March 2015, up from 87.1 million in December 2012 as more people are accessing the web through mobile devices and Dongles, a report by the Internet and Mobile Association of India (IAMAI) and IMRB. To investigate how digital apps influence the social behaviour of adolescents and to assess the relationship between the use of digital apps and academic performance among adolescents. A descriptive survey research design using the Probability Systematic random sampling technique was used among 60 adolescents. The data was collected with the help of structured questionnaires evaluating the behavioural effects of particular digital applications and were all used in the data collection process. Confidentiality was maintained throughout the process. The data collected was analyzed using descriptive and inference statistics. In the assessment of the impact of social media platforms on the behavioural aspects of adolescents, 74% had spent more time on social media apps since they started using them. This study has highlighted the strong influence of some digital apps on adolescent behaviour. Our research shows that these apps have a significant impact on how adolescents behave, having both positive and negative effects. In the modern digital world, one must understand this influence.

Keywords: Adolescents, Behavioral Aspects, Digital Apps.

Introduction

Using Digital Apps Web sites is among the most common activities of today's adolescents [1]. Any Website that allows social interaction is considered a Digital app, including social networking sites such as WhatsApp, youtube, gaming sites and virtual worlds such as Club Penguin, Second Life, and the Sims; video sites such as YouTube; and blogs. Such sites offer Adolescent's a portal for entertainment and communication and have grown exponentially in recent years [2]. For this reason, parents must become aware of the nature of social media sites, given that not all of them are healthy environments for children and adolescents [3]. Paediatricians are

in a unique position to help families understand these sites and to encourage healthy use and urge parents to monitor for potential problems with cyberbullying, "Facebook depression," sexting, and exposure to inappropriate content. India is among the top three fastest-growing internet markets in the world [4]. The internet user base in the country is approximately 125 million. India is expected to have close to 165 million mobile internet users by March 2015, up from 87.1 million in December 2012 as more people are accessing the web through mobile devices and Dongles, a report by the Internet and Mobile Association of India (IAMAI) and IMRB [5]. The research examines the issues of the relationship between Digital Apps (social media)

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and their impact on the behaviour aspects (change) of Adolescents [6]. Today, messages can reach audiences and target groups in real-time, and they can generate changes and tendencies. Crowds are becoming more powerful through technology because technology can unite them [7].

Today's generation of adolescents are surrounded by and immersed in a digital environment. Traditional media, such as Digital Apps What's App, YouTube, online games and periodicals, have been supplemented by new digital technologies that promote interactive and social engagement and allow Adolescents instant access to entertainment, information, and knowledge; social contact; and marketing [8]. Traditional media also referred to as broadcast media, typically were created externally by an established production source, such as a film studio, TV network, or editorial staff and were provided either to individuals or a broader audience for passive viewing or reading Using Digital Apps Web sites is among the most common activity of today's adolescents [9]. Any Website that allows social interaction is considered a Digital app, including social networking sites such as WhatsApp, youtube, gaming sites and virtual worlds such as Club Penguin, Second Life, and the Sims; video sites such as YouTube; and blogs. Such sites offer Adolescent's a portal for entertainment and communication and have grown exponentially in recent years [10]. For this reason, parents must become aware of the nature of social media sites, given that not all of them are healthy environments for children and adolescents [11]. Paediatricians are in a unique position to help families understand these sites and to encourage healthy use and urge parents to monitor for potential problems with cyberbullying, "Facebook depression," sexting, and exposure to inappropriate content India is among the top three fastest-growing internet markets in the world [12]. The internet user base in the country is approximately 125 million. India is expected to have close to 165 million mobile internet users by March 2015, up from 87.1 million in December 2012 as more people are accessing the web through mobile devices and Dongles, a report by the Internet and

Mobile Association of India (IAMAI) and IMRB [13]. In contrast, newer digital media, which include social and interactive media, are a form of media in which users can both consume and actively create content. Examples include applications (apps), multiplayer video games, and YouTube videos for Adolescents today, this evolving integration of passively viewed and interactive media is seamless and natural; the distinctions and boundaries between traditional/broadcast and Digital Apps/social media have become blurred or imperceptible [14]. Digital Apps allow information sharing across a variety of media formats, including text, photographs, video, and audio [15]. Today's video games, for example, often represent a merging of both traditional and social media, as users can virtually "inhabit" impressively produced worlds and interact with other users in remote locations [16]. Video game participants can even work collaboratively to concrete virtual worlds [17]. Thus, digital media can provide an engaging experience in which the media experiences of Adolescents become highly personalized [18]. There is an increasing number of mobile apps available for adolescents with mental health problems and an increasing interest in assimilating mobile health (mHealth) into mental health services. Despite the growing number of apps available, the evidence base for their efficacy is unclear. Rates of mental health problems among youth are high and rising, whereas treatment seeking in this population remains low Technology-delivered interventions (TDIs) appear to be promising avenues for broadening the reach of evidence-based interventions for youth well-being. However, to date, meta-analytic reviews on youth samples have primarily been limited to computer and internet interventions, whereas meta-analytic evidence on mobile TDIs (mTDIs), largely comprising mobile apps for smartphones and tablets, have primarily focused on adult samples. Paediatricians are in a unique position to help families understand these sites and to encourage healthy use and urge parents to monitor for potential problems with cyberbullying, "Facebook depression," sexting, and exposure to inappropriate

content. India is among the top three fastest-growing internet markets in the world [19].

Material and Methods

The quantitative approach with descriptive research design was used for the present study. After obtaining ethical clearance from the Institutional Ethical Committee (IC) of Saveetha Institute of Medical and Technical Sciences and formal permission from hospital health authorities, the study was conducted. A total of 60 school student's adolescents, who meet the inclusion criteria were selected by using Probability Systematic random sampling technique as the study participants. The inclusion criteria for the study participants were Those who are studying in the selected school of Nerkundram, Chennai. Tamil Nadu, those between the age group of 12-18, those who are willing to participate in the study and both males and females. The exclusion criteria for the study participants were students. Those who are not ready to participate, those who have any medical or psychological history. The demographic data was collected. Demographic variables consisted of age, gender, class of study, residential address, no of hours sleep, type of family, age of digital app used first, which

app used first, which app used maximum, no of hours used by digital apps. Structured questionnaire to assess the impact of selected digital apps on behavioural aspects of adolescents. The data collected were then coded and entered in Excel for further data analysis and interpretation.

Result

The analysis of demographic variables revealed that 43% of the participants were in the age group 18 years, while 22% of the participants were in the age group 16–17 years, 20% of the participants were in the age group 14–15 years, and 15% of the participants were in the age group 12–13 years. The majority of the respondents were male students (52%), and females (48%). Level of education: 12% were middle, 33% were secondary, and 55% were higher secondary, residential address:78% were homes, 10% were hostels, 12% were hostels, and 12% stayed in relative's houses. 5% slept for 3-5 hours, 25% slept for 5-7 hours, and 70% slept for more than 8 hours. Type of family 32% were joint families, 15% were nuclear families, 12% were extended families, and 41% were blended families (Figures 1 and 2).

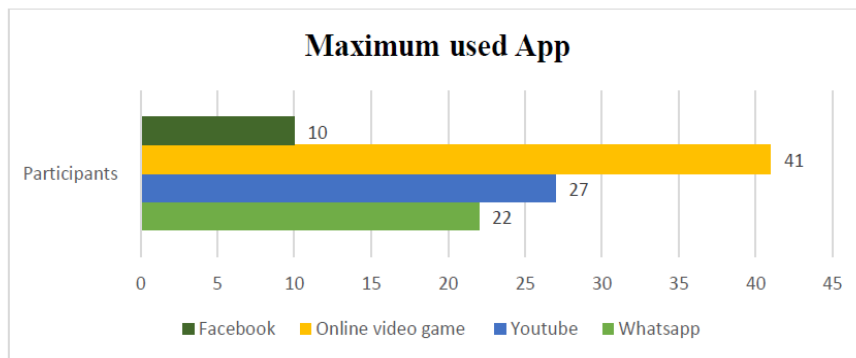


Figure 1. The Maximum Used App by the Participants

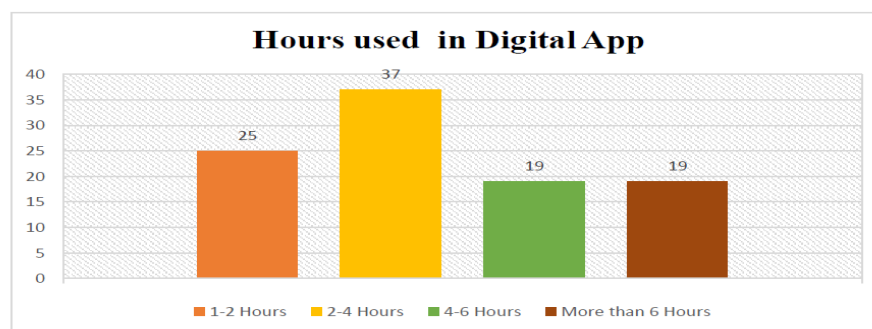


Figure 2. The Hours Used in Digital App by the Participants

The analysis revealed that the Age of digital app used first: 18% were below 8 years, 14% were 8-10 years, 20% were 10-12 years, and 48% were above 12 years. The first app: 10% were WhatsApp, 8% were Facebook, 32% were YouTube, and 50% were online video games. Apps used the most: 22% were

WhatsApp, 10% were Facebook, 27% were YouTube, and 41% were online video games. The hours used in the digital app were: 25% were 1-2 hours, 37% were 2-4 hours, 19% were 4-6 hours, and 19% were more than 6 hours.

Table 1. Frequency and Percentage Distribution of Impact of Selected Digital Apps on Behavioral Aspects of Adolescents

Impact of Social Media Platforms on Behavioral Aspects of Adolescents	Yes		No	
	F	%	F	%
Do you find yourself spending more time on social media apps since you started using them?	74	74	26	26
Have you ever stayed up late because you were using a digital app?	69	69	31	31
Do you feel more anxious or stressed after using certain digital apps?	52	52	48	48
Have you ever skipped meals or neglected other responsibilities because of digital app usage?	81	81	19	19
Do you think your relationships with friends have improved due to interactions on these apps?	65	65	35	35
Have you experienced cyberbullying or negative comments on social media that affected your mood?	70	70	30	30
Do you believe your academic performance has been impacted positively or negatively by these apps?	60	60	40	40
Have you ever met new people online through these apps who became offline friends?	55	55	45	45
Do you feel pressured to present a certain image or lifestyle on social media?	43	43	57	57
Have you had conflicts with family members due to your use of digital apps?	79	79	21	21

The analysis revealed that in the assessment of the impact of social media platforms on behavioural aspects of adolescents, 74% had spent more time on social media apps since they started using them; 69% had stayed up late because they were using a digital app; and 52% had felt more anxious or stressed after using certain digital apps. 81% had

skipped meals or neglected other responsibilities because of digital app usage, and 65% thought their relationships with friends had improved due to interactions on these apps. 70% had experienced cyberbullying or negative comments on social media that affected their mood, and 60% believed that their academic performance had been impacted

positively or negatively by these apps. 55% had met new people online through these apps who became offline friends; 43% felt pressured to present a certain image or lifestyle on social media; and 79% had had conflicts with family members due to their use of digital apps.

Discussion

The findings were compared with the findings of the study conducted by Mrs Arjita (2023) Results showed that 46% subscribed to educational websites on social media, while 50% used it for college activities. Interestingly, 84% reported no negative impact on academic performance, with 82% crediting social media for study improvement. Approximately 50% used social media for less than an hour daily. Study time was reported to increase for 30%, decrease for 30%, and remain unaffected for 24% of participants. The study provides insights into the impact of social media on students' study habits, highlighting both positive and negative aspects.[20] The finding of the study conducted by Deepa M, and Dr. V. Krishna Priya (2020) The results revealed significant associations between the time spent on social media and the number of social networking sites (SNS) used. Additionally, a positive correlation was found between feeling anxious and being more active on SNS compared to real-life interactions. The study concludes that excessive social media usage, a higher number of

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SNS, and prolonged time spent on social networking sites adversely impact students' mental health, leading to depression and anxiety [21].

Conclusion

This study has highlighted the strong influence of some digital apps on adolescent behaviour. Our research shows that these apps have a significant impact on how adolescents behave, having both positive and negative effects. In the modern digital world, one must understand this influence.

These findings highlight the importance of parents, schools, and politicians being actively involved in helping adolescents use apps responsibly and thoughtfully. Additionally, it emphasizes how important it is to help adolescents develop their digital literacy and critical thinking abilities to provide them with the tools they require to effectively interact with the digital world.

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Conflict of Interest

The authors declare no conflict of interest.

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