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Social Media and its effect on adolescents

With technology evolving every minute, it's only natural that social media – and how we use it – is constantly changing. Basic instant messaging has evolved into a dizzying array of ways to create, share and engage with one another. It starts with content that comes to us from the moment we grab our cell phones in the morning, throughout the work day, and long into the evening on computers, tablets and laptops. It's completely changed the way we communicate, interact and even how we feel about ourselves and others. Without a doubt, there are upsides to social media, such as a feeling of community and being able to reach out to others almost anywhere at any time. Social media has provided access to opinions and information that can expand our minds and points of view. Some research even suggests that certain platforms may have a positive impact on mental health by providing opportunities for connections that may otherwise not happen; others suggest social media behaviour and posts can be useful identifiers or predictors of depression. There's a darker side to how social media can affect us, however. According to researchers, the more time you spend on social media, the more likely you are to suffer from mental health issues. This is especially true in children and teens, however, prolonged and excessive use presents dangers that have become more evident in adults as well. Multiple studies have begun to focus on the disturbing association between online social networking and a variety of negative feelings and psychiatric disorders. This paper makes an attempt to explore the lives of adolescents in the perspective of social media usage.

Biography

Neeta Sinha is a Professor of Psychology at School of Liberal Studies, Pandit Deendayal Petroleum Studies, Gandhinagar, Gujarat, India. Her research interests focus on stress coping, self esteem, gender, motivation, interpersonal relationships, organizational dynamics, social concerns and systems, mental health, motivation, self concept, personality and related areas. She is also a Behavioural Psychologist, Academician and Corporate Trainer. She is the Research head at PDPU and is currently handling several sponsored Government and International projects. Neeta Sinha has 3 books and more than 25 publications and 30 conference papers to her credit. She is the Managing editor of the journal 'Liberal Studies' and is on the editorial board of several reputed journals.

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