Social Media Impact on Youth Depression

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Abstract In the 21st century internet spread all over the world without limitations and challenges to the world community as every person is connected with globally & made strong community affairs. Social media network with sharing peoples' activities as photographs, videos or their status. In Sri Lanka, most of the people join with face book as a social media network to search their old friends or keep in touch with new communities. According to human beings such activities are common, but there are disadvantages such as women using fb to fulfill their emptiness in their lives. As a woman she expects lots of things such as love, security & caring etc. They expect such things from their families and their husbands. But they do not get that satisfaction even from both as they wish. In that situation whoever they meet in their lives they believe them and treat very high thinking that this is the ultimate in their lives. Fb is a new introduction where god comes to their lives as love. Most love affairs are unbelievable, as boys start love affairs to spend their idle time with the playful memorable moments. The end of such girls' love affairs is the boys vanishing with unpredictable social affairs such as depression etc. A case study comprising a mixture of qualitative and quantitative research methods were carried out to establish the facts. As tools of this research interviews, questionnaires and observations were too used as online researches to determine the youth depression as an impact of face book in Sri Lanka.

Keywords Online Media, Face Book (Fb), Love Affairs, Depression, Youth

1. Introduction

In the globalized world, all prominent media makes it a one convergent media. It can easily access the internet in anytime, anywhere and by anyone. Currently the people fulfill their needs from the new media. According to new media features, people can find out their requirements for their lives. As a result of the globalization, Sri Lankans are also connected through the same media via internet. In this context most people use the internet as their effective media. So, currently internet is spending its golden era.

Social media is the best access point in the web. Face book,

twitter and you tube are the most popular social media among the people throughout this media. Face book is the most popular social media among the younger in the world as it has many features. These features can attract the younger generation by connecting with games, chat, gossip, news and more applications that are useful. It is not only the younger, the elders too are also attracted with the social media of face book.

In Sri Lanka face book is the most popular social media that people could even influence political affairs. But these days according to police reports most of murder cases are involved with the face book.

In the new media, people connect with it as individuals. Having got connected with the new media, people make a special world among them. They make lots of friends through the social media network using its applications and live in a world of their own. Especially the face book has attractive features for the younger generation.

People connect with the face book for other reasons too. According to boys' views they connect with the face book to update their profiles and playing games during their leisure time. But girls view is that they use face book to overcome their loneliness. Especially they expect all their needs from the face book. As an example, they expect love from the face book. As little girl's, their whole world means their parents. Love, care, and protection are expected from the parents. When they grow up, it changes for their boy friend. As they further grow up they expect to receive this from their husbands. But most women face unexpected married life as they have to bear more responsibilities. Having got married all their dreams vanish and they try to fulfill their expectation through the web. Such as social media network of face book. However males and females access the social media without early knowledge on such social media, and it is new for the younger generation. In that scenario people make wrong assessment of the social media.

As per Sri Lankan police reports these are the factors that make more murder cases with the connection of social media net works. However, people are attracted to such social media to express their emotions by using face book. They can access it individually and when they use new media they feel lonely. If they feel lonely they immediately access the social media such as face book and their loneliness vanishes. They share experience of their lives with face book friends.

But they are not their real friends who do not meet in their lives, but people share their whole lives by their posts, comments and photos from the face book. Sometimes younger generation believe their face book friends more than their family members. As a result, strong community network in the media, people fall down when they know that is not a real world that they believe. This happens when people access the face book as they think that it is a fairy world. But when they individually access the face book they always like to watch others posts and they try to become like others. In that case the people who are in low society and social level always try to show higher status of them. Most of face book audience live with depression and it depends on different reasons.

In Sri Lankan society there are face book malpractices. As a result of these face book murder cases also increase. Now-a-days face book and youth depression is a most popular and researchable topic in Sri Lanka.

2. History of the Social Media

After the 19th century, all prominent media converged to one media named new media. It has more facilities than the old media. New media makes a platform for the people who live around the world to use any media at any moment as they wish. Combination of globalization and digitalization are included in the new media in the world, after the mechanical revolution.

It grows under the support of digitalization. Social media creates a highly interactive platform through which individuals and communities share discussions and modify user generated content. New media always connects the global through digitalization. It also makes a platform to the people all around the world to use media as they wish at any moment, anywhere. Social media act as a group of internet based applications that build on ideological and technological foundations. It takes many different forms including magazines, internet form, web logs, social blogs, micro blogs, wikis, social networks and podcast. Social media is a new media creation.

3. Rationale

Most teenagers prefer logging with the face book, as they can personalize their profile. Young Sri Lankans also connect with the face book without parents' free zone. Younger people always like to involve with such freedom in their world. Some incidents that took place during last few years like murder cases were due to teenagers getting involved with the face book.

Face book is the most popular social network among Sri Lankans. Young people always connect with the face book and use it as a free zone that shows that they are carrying out a big task with the computer. But the irony of it is that they are chatting, commenting and having fun with their friends or some other on the face book. As a result of that

most of the murder cases are connected with the face book. Some reasons depend on love affairs and some on cheating others. However finally younger feel they are alone in the world. They are cheated by some others or they feel that all their lives are vanished. So they try to commit suicide or make murder. Some of cyber murder criminals that happened in Sri Lanka were mainly due to people getting connected with the face book.

According to Sri Lankan police reports all these cyber criminals happened with the misunderstanding and miss uncontrolled of face book. One's cheated one's feelings will be finally lost. However those types of incidents happen through face book. As a result of such cheating it can create depression in the human mind. Through the social network of face book such incidents mostly take place.

The main reason for this research is to confirm how it creates a depression by the social media for the Sri Lankan youth. When they did this research selecting the face book as the effective media and examined the role of face book, they observed it and defined how it would make an impact on the Sri Lankan youth, and used it as a final conclusion as to how social media creates depression.

Using research methods they found how the type of depression caused by face book could be identified. Therefore in this research they determined how the impact of face book influences youth. Depressed people can make many influences to society. Research identified the impact on society by depressed youth. It also examined the influences and the reactions on civil society towards this matter. Finally this research concluded why Sri Lankans are involved in cyber matter. After the 20th century cyber crimes increased in Sri Lanka. It became a community problem for the society after the influence by new media. More than 1.5 Sri Lankans are already connected with face book. But younger are not sure how to manage problems created by society and cultural values always reacting with each other. Those are the main reasons why it was made researchable.

4. Methodology

This research about social media impact on youth depression used case study design and mixed methodology to get findings. Qualitative and quantitative tools such as interviews, questionnaires and in deep observations are used for this research study. A Selection of 100 random online users of face book were used to reveal the findings by the questionnaire. Finally questionnaire answers analyzed and it measured how Sri Lankan youth are involved with face book.

Secondary data sources such as books, magazines, media experts, internet and encyclopedias to get literature about the topic of this research were used.

5. Findings

According to the questionnaire findings males commonly

use the face book more than females. It revealed that 68% of males and only 32% of females use face book.

According to the research findings bellow table shown below 20 to 30 age limit group use the face book than other age limits. Contrarily 20% in Sri Lanka in the age group 31 to 40 years use face book than the other age limits.

Table 1. Face Book Users Age Limits

Age limit	Percentages
20-30	70%
31-40	20%
41-50	6%
51-60	4%

The following table shows how the statistics of married and unmarried people upgrade their profile. It also shows a big percentage of people like 57% single like to update their profiles and the others are 43% of married ones. Single ones are more anxious to update their profiles than married ones.

Table 2. Likes of Statues Update

Civil status	Percentages
Married	43%
Single	57%

According to the questionnaire findings, most of the non-employers amounting to 57%, 34% of students and 18% of employers face book. In the Sri Lanka civil society most of non-employers usually hang with the face book.

Table 3. Users type of face book

Connectivity	Percentages
Non employers	48%
Employers	18%
Students	34%

The research examines how to connect with face book by the users. According to questionnaire findings, people mostly

use their home access ways than other access points. Findings show that people too in office face book. However it shows

that people like to access face book individually.

Other findings show people access with the face book by their own computers. It showed that face book was accessed by 50% desktop computers and 28% of laptop computers. Actually when they participate in face book they keep privacy because people want to maintain individuality and that may arise as the main point that cause depression for the young people.

According to research findings, younger spend more than one hour using face book. Males and females attend more than one hour in their day schedule program. Males spend more than female with the face book.

Table 4. Why People Use the Face Book

Reasons	Percentage
To find information	5%
Stay with their friends and families	25%
Loneliness	11%
Share picture,vedio,music	32%
Play games	17%
Share experience	7%
Other reason	3%

As to the findings of this research all the participated males and females answered that face book is the most important one in their lives. Even taken as a percentage female said it is very important for their lives and males also said it is very important.

Those were the findings that were revealed by the questionnaire in this research. According to the observation and in deep interviews with the experts, it proved that most of Sri Lankan younger always connects with the face book. As a percentage about males and females it shows males connect with the face book more than females. But both participate with the face book than other social media networks.

Then most of Sri Lankan younger uses the face book to publish their daily activities, photos, and comments. People naturally like to show their status for others. So face book is the plat form to do such activities for the young generation. After people update their profiles they wait to see others responses. But the dangerous thing is, when someone analyzes others profile definitely it can be understood what are the purposes of the profile holder's life. If people's life styles are understood in face book there is a possibility of criminals connect with the particular face book.

6. Conclusions

According to the questionnaire findings males commonly use the face book more than females. Currently 68% of males and 32% of females use the face book. And they always try to save their privacy when they connect with the face book. As they use their personal computers to access with the face book. Younger think that face book means a free zone where they can live without their parents' authority. Because, they try to live keep away from their parents. The young generation always tries to use the social media individually.

Sri Lankan youth connect with the face book for spending their leisure time with the new media. Face book is the most famous social network among other networks. So, younger hang on with the face book always.

Face book is the most useful social media among younger. Because, it has more features that can easily make an attraction among the youth. So people always like to connect with the face book and show their status for others. As a conclusion males and females like to use face book as their

social network in their leisure time.

Mostly people use the face book to share their photos, videos and songs with others. It's about choices of their lives. As a result of findings lots of people who participated with the survey informed they normally use the face book to share their lives with others. It is the habit of their lives. Normally they connect with the internet and automatically log in to the face book. Then start commenting, chatting, watching and observing with others profiles. As a conclusion, lots of younger use the face book to share their lives.

Depression will come with the loneliness. People use the face book to share their lives. But finally they cheated by others when exchanging people's connection on the face book. Because, most online face book users do not show their reality to others. They always show their unbelievable myth for the users of the face book. So like this some of the users are being cheated by others from their profiles. When someone gets to know that he has being cheated by someone it makes a depression for the person being cheated So, finally it becomes an addition of the user's lives and definitely such connections will end as murder or suicide cases.

The other conclusion is Sri Lankan youth is always troubling with Sri Lankan culture and face book features. Sri Lankan young people must obey those features. Because some face book applications have gaps with the Sri Lankan life styles. But some people use such applications as experiments in their real lives. But it will act as a mismatch in their lives. So it also makes differences among face book applications and users. It makes depression for the face book users.

Comparison between each other by way of word or image can cause depression. Some people upload some pictures, videos from their lives which may not be real. But it can cause depression for others. Because they can feel the differences of their lives compared with others. So it becomes a depression for such doers.

And the other conclusion is when people use face book during long hours it can also cause depression. Because according to experts' argument, when people spend long hours with the computer it can destroy the nerves in the mind. So it also makes a path to make a depression among young people.

Sometimes an addiction by a person to face book neglects ones family and friends. After addiction such people feel isolated and lonely. So it also makes depression because lack of the relationship with their real lives. At times using face book creates one a channel to go to sex life. Some people get addicted to it by getting experiences from such media networks. So it makes depression for the youth.

Young people can make depression when they watch traumatic video by individual or groups. Sometimes face book has more applications about such videos. So people use such videos. Younger can feel the fear when they watch such videos, it also make depression according to the feeling of that videos.

When young people feel lonely, it also creates depression for the younger. Because if younger connect with the internet by chance they log in to face book and spend several hours. But after logging off the face book they feel they are not in fairy world like face book. Then they feel lonely in the real world. So it also causes depression among the teenagers who use the face book.

In the face book there are more contacts than in real life. people. They give publicity for everything in their lives. But finally they feel it is not a reality. Friends never help in their real lives. So they feel helpless in their real lives. Face book users feel sorry about themselves. Finally that feeling also can make depression among the society.

However as a conclusion when people use the face book, lots of people publish everything in their lives. If, someone analyzes other's profile that hacker can even enter the user heart too. If cunning people understand someone's profile they start cheating the face book user. So, finally Sri Lankan youth feels the depression.

In the convergent media face book is the most popular social network in the online media where the people connect with the face book because of all convergent media features are with the face book. People like to connect with the face book as their community media. According o the conclusions those are the ways that can make youth depressed by the face book.

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