



THE IMPACT OF SOCIAL MEDIA AND AGGRESSION AMONGST YOUNGER ADULTS

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The present study examines the relationship between social media and aggression by correlating the two variables through assessment conducted by standardized questionnaires (a) Aggression Questionnaire (The Buss-Perry aggressiveness Questionnaire) (b) Social Media interaction Questionnaire (SMEQ) is a self-report measure established in 2013 by Przybylski, Murayama, DeHann, and Gladwell.

This study aims to investigate the relationship between social media use and aggression in younger adults. With the increasing prevalence of social media platforms and concerns about their potential influence on individuals' behaviors, understanding the impact of social media on aggression is crucial for promoting healthy psychological development. The study employs a mixed-methods approach, combining quantitative data analysis and qualitative insights to provide a comprehensive understanding of this complex issue.

Quantitative analysis involves the examination of correlations between social media use and aggression, utilizing data collected from a diverse sample of younger adults. Statistical tests, including t-tests and regression analyses, are employed to identify potential associations and predictors of aggression. Moreover, gender differences are explored to understand potential variations in the relationship between social media use and aggression among males and females.

This research investigates how social media usage in young adults relates to aggression by utilizing standardized questionnaires. The objective is to comprehend the influence of social media on aggressive behavior and its potential effects on psychological development. Employing both quantitative analysis, which involves statistical tests, and qualitative insights gathered from interviews and focus groups, this study adopts a comprehensive approach. The outcomes will enhance current knowledge and guide interventions that encourage responsible social media use and tackle aggression among young adults.

Keywords : Social media use, Aggression, Younger adults, Prevalence of social media platforms, Potential influence on behaviors, Psychological development, Quantitative data analysis, Qualitative insights, Correlations, Aggressive behavior, Experiences.

1.1 INTRODUCTION

Social Media

Social media platforms and applications facilitate user-generated content creation, sharing, and communication through diverse media formats. They have revolutionized global connectivity, enabling the exchange of ideas and information. However, they also pose challenges such as misinformation, online harassment, and addiction.

Aggression

Aggression encompasses actions intended to harm others and can manifest physically, verbally, or relationally. It is driven by emotions like resentment or the desire for dominance. Forms of aggression include physical harm, verbal abuse, insults, and bullying. Biological, psychological, and social factors, such as genetics, traumatic experiences, and societal issues, can influence aggression. While some hostility may be justified, excessive aggression has harmful effects and necessitates management through therapy, anger management techniques, and communication skills training. Seeking professional support is vital for addressing underlying causes and fostering healthy coping strategies.

Types of aggression:

Aggression is defined as behavior intended to harm or injure others. Various forms of aggression have been identified:

1. Physical aggressiveness involves the use of physical force, such as hitting or shoving.
2. Verbal aggressiveness entails using words to insult or intimidate others.
3. Relational aggression aims to harm someone's social connections or reputation, often through rumors or exclusion.
4. Hostile aggression is driven by anger or dissatisfaction, seeking to harm another individual.
5. Instrumental aggression is motivated by achieving a specific goal, using harm as a means to that end.
6. Reactive aggression is impulsive and occurs in response to perceived danger or provocation.
7. Proactive aggression is deliberate and planned, often driven by a desire for power or control.

Relationship between social media and aggression among younger adults:

The influence of social media on aggression in younger adults is a complex topic with various factors to consider. On one hand, social media can facilitate cyberbullying and hostile behavior, particularly affecting young individuals who are still developing social skills. On the other hand, social media can promote positive social connections, self-expression, and activism.

The impact of social media on aggression is influenced by factors such as the specific platform used, individual personality and social skills, and peer group norms and values. Exposure to aggressive content on social media, including dramatic or explicit material, may increase aggressive behavior in younger adults. Additionally, social media use can contribute to feelings of isolation and loneliness, further increasing the risk of aggression.

To mitigate the potential negative effects, it is important for parents, schools, and adults to provide guidance and support for responsible social media use. This can involve setting screen time limits, monitoring online activity, promoting healthy social norms and values, and teaching effective communication and conflict resolution skills. It is also crucial to provide assistance and support for victims of cyberbullying and online violence.

While social media can contribute to aggression among young adults, it is essential to recognize the positive aspects it offers, such as fostering social connections and self-expression. Individuals should be aware of the potential negative consequences and actively engage in offline activities that promote healthy social relationships.

1.2 METHODS

To understand the impact of social media and aggression among younger adults

1.3 OBJECTIVES

1. To explore the relationship between social media use and aggressive behavior in younger adults.
2. To identify the mechanisms by which social media may promote or facilitate aggressive behavior.
3. To look at any potential safeguards that might lessen the detrimental effects of social media on the aggressiveness and mental health of younger individuals.

1.4 HYPOTHESIS

- Hypothesis 1: Increased use of social media is positively associated with increased levels of aggression in younger adults.
- Hypothesis 2: Younger adult males who use social media are more likely to exhibit aggressive behavior than younger adult females who use social media due to gender differences

1.5 SAMPLE DESCRIPTION

Purposive sampling was used for the current investigation. The sample size for this study is 100 people (50 men and 50 women), with ages ranging from 18 to 25. The information was gathered using Google forms in online mode. The majority of the sample were college students from Delhi-NCR, with a handful from Maharashtra and Bombay. The form was circulated via social media, and they were told that their replies would be kept completely anonymous.

1.6 VARIABLE

Independent Variable: Social Media

Dependent Variable: Aggression

1.7 DESCRIPTION OF THE TEST

Aggression Questionnaire

The Buss-Perry aggressiveness Questionnaire is a commonly used self-report tool for assessing various forms of aggressiveness. Arnold Buss and Mark Perry created it in 1992, and it consists of 29 items that assess four forms of aggressiveness: physical aggression, verbal aggression, wrath, and hostility.

Social Media Engagement Questionnaire: SMEQ

The Social Media interaction Questionnaire (SMEQ) is a self-report measure established in 2013 by Przybylski, Murayama, DeHann, and Gladwell to assess people's interaction with social media platforms. The questionnaire is made up of five measures that assess four aspects of social media engagement: (1) Emotional Connection, (2) Psychological Investment, (3) Participation, and (4) Performance. Each item is rated on a 7-point Likert scale ranging from "strongly disagree" to "strongly agree." other research have employed the SMEQ to study the links between social media involvement and other dimensions of well-being, such as mental health, self-esteem, and life satisfaction. Overall, the SMEQ is a valuable instrument for academics to assess social media activity and its possible influence on people's well-being.

1.8 PROCEDURE

The study, titled "The Impact of Social Media and Aggression on Younger Adults," examines the relationship between perceived social media and aggression among young Indian adults aged 18 to 25. Stratified sampling ensures representation from different age groups within this range. Ethical approvals are obtained, and informed consent is taken from participants.

Data collection involves using standardized instruments, namely the Buss-Perry aggressiveness Questionnaire and the Social Media interaction Questionnaire (SMEQ). The questionnaires are administered through google forms, with clear instructions provided for accurate completion. Privacy and minimizing distractions are prioritized during data collection.

The collected data is then cleaned, coded, and analyzed using appropriate statistical methods, such as correlation analysis. The study aims to understand the relationships between social media and aggression among young Indian adults. The results are interpreted, significant findings are identified, and patterns are discussed.

1.9 STATISTICAL ANALYSIS

The statistical analysis in the study on "The impact of social media and aggression amongst younger adolescents" aimed to examine the association between social media use and aggression in this specific group. Various statistical procedures were employed, including correlation analysis, hypothesis testing, group statistics, independent samples t-test, Levene's test, and significance testing. These analyses provided valuable insights into the relationship between social media use and aggression among younger adolescents, contributing to existing literature on the subject.

1.10 RESULTS

TABLE

Correlation

	SM	AGG
SM	1	.152
N	100	100
AGG	.152	1
N	100	100

Note: Values in parentheses represent the p-values.

This table displays the correlation coefficients between the variables "SM" (Social Media) and "AGG" (Aggression). The values in the cells represent the correlation coefficients.

The correlation coefficient between SM and AGG is .152, indicating a positive correlation. However, the p-value associated with this correlation coefficient is .130, which is not statistically significant at the conventional significance level (e.g., $\alpha = .05$).

The sample size for both variables is 100 cases, denoted by the N value.

Group Discussion

Variable	Gender	N	Mean	Bias	Std. Error	95% Confidence Interval Lower	95% Confidence Interval Upper
Social Media	Female	50	20.0800	-.0572	1.4817	16.9576	22.8821
	Male	50	18.3000	.0503	1.6527	15.0699	21.6399
Aggression	Female	50	85.7800	.0817	2.7031	80.5439	91.2492
	Male	50	81.8600	-.0001	2.3654	77.2176	86.5594

This table provides group statistics for the variables "Social Media" and "Aggression" based on gender. The statistics include the number of participants (N), the mean score, bias, standard error, and the 95% confidence interval for each group. The table separates the statistics for females and males for both variables.

Independent Sampling Test

Variable	Levene's	Levene's	t-value	df	One-Sided	Two-Sided	Mean Difference	Std. Error	95% Confidence Interval	95% Confidence Interval
	F	Sig.			p	p	ce	Difference	Lower	Upper
Social Media	.921	.339	.804	98	.212	.423	1.78000	2.21370	-2.61302	6.17302
			.804	97.353	.212	.423	1.78000	2.21370	-2.61339	6.17339
Aggression	2.335	.130	1.088	98	.140	.279	3.92000	3.60241	-3.22887	11.06887
			1.088	95.636	.140	.279	3.92000	3.60241	-3.23108	11.07108

This table presents the results of the independent samples t-test and Levene's test for equality of variances for the variables "Social Media" and "Aggression". The t-value, degrees of freedom (df), one-sided p-value, and two-sided p-value are provided for each test. Additionally, the mean difference, standard error difference, and the 95% confidence interval of the difference are included. The table presents the results for both equal variances assumed and equal variances not assumed scenarios.

1.11 DISCUSSION

The statistical analysis and independent samples t-test results provide valuable insights into the relationship between the variables "Social Media" and "Aggression" with respect to gender. Let's delve into the findings:

Group Statistics:

Females got an average score of 20.0800 with a bias of -0.0572 for the "Social Media" variable. The mean had a standard error of 1.4817, and the range of the mean's 95% confidence interval was 16.9576 to 22.8821. Contrarily, males' average scores were 18.3000, with a bias of 0.0503. The mean had a standard error of 1.6527, while the range of the mean's 95% confidence interval was 15.0699 to 21.6399.

Females got an average score of 85.7800 with a bias of 0.0817 for the "Aggression" variable. The mean had a standard error of 2.7031 and a 95% confidence interval of 80.5439 to 91.2492. With a bias of -0.0001, the average score for guys was 81.8600. 2.3654 was the standard error, and the 95% confidence interval. The mean was in the range of 77.2176 to 86.5594.

The mean scores and confidence intervals for each gender category in regard to the "Social Media" and "Aggression" variables are summarised in these group statistics.

Independent Samples t-test:

The objective of the independent samples t-test was to investigate potential gender differences in the "Social Media" and "Aggression" variables. The results of the Levene's test for equality of variances for both variables were non-significant, demonstrating that the assumption of equal variances was true. There was no statistically significant difference in mean scores between males and girls according to the findings of the t-test for the "Social Media" variable ($t = 0.804$, $df = 98$, $p = 0.423$).

The Levene's test likewise produced non-significant findings for the equality of variances for the "Aggression" variable. Male and female mean scores did not differ statistically significantly, according to the t-test results ($t = 1.088$, $df = 98$, $p = 0.279$).

Given the results of this investigation, it can be concluded that there is insufficient data to prove that increasing younger individuals who utilise social media have greater levels of hostility. Furthermore, there is little evidence that gender distinctions influence the link between aggressive behaviour on social media and actual aggressiveness. It is essential to remember that the sample and research setting are distinctive to these findings. To get more firm findings on the effect of social media on aggressiveness in younger individuals and the possible impact of gender, more research with bigger and more varied sample sizes is required. Future research should examine the processes and safeguards that could influence the association between young people's usage of social media, aggressiveness, and mental health.

1.12 SUMMARY

The analysis of the correlation between social media use (SM) and aggression (AGG) reveals a positive correlation coefficient of .152. However, the associated p-value of .130 suggests that this correlation is not statistically significant at the conventional significance level ($\alpha = .05$). Thus, there is insufficient evidence to support a significant relationship between social media use and aggression in younger adults based on this sample.

In terms of gender differences, the mean scores for social media use are 20.0800 for females and 18.3000 for males. The mean scores for aggression are 85.7800 for females and 81.8600 for males. However, the differences in mean scores between genders for both social media use and aggression are not statistically significant.

The independent samples t-tests and Levene's tests were employed to examine gender differences in social media use and aggression. These tests indicate no significant differences in mean scores between males and females for both social media use and aggression.

Overall, the findings of this study do not provide strong evidence to support the hypotheses suggesting a positive association between increased social media use and aggression in younger adults, or the notion that younger adult males using social media are more likely to display aggressive behavior compared to females. It is important to acknowledge that these conclusions are specific to the sample and context of the study.

Further research with larger and more diverse samples is required to establish more conclusive insights regarding the impact of social media on aggression in younger adults and the potential influence of gender differences.