

A STUDY ON ADDICTION TO SOCIAL NETWORKING SITES AND PSYCHOLOGICAL WELL BEING AMONG WORKING ADULTS

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ABSTRACT

Now a days, use of social networking sites is not only popular among adolescents but it has become a part of lifestyle of adults also. The use of social networking sites helps in many ways such as interacting with friends and loved ones, saving time in completing a work and getting many solution and suggestions for a problem. Using a social networking sites is good if it is used in a limited and self controlled way but excessive use of social networking sites leads to addiction and it can arise various problem like- FOMO, mental health, depression, anxiety, artificial light exposure which affects their psychological well-being. The present study was undertaken to find out the impact of addiction to social networking sites on psychological well being of working adults. The 120 working adults were selected from Jaipur city. Out of them, 60 adults were selected from government sector and the rest 60 adults were selected from private sector. The findings show a negative correlation between use of social networking sites and psychological well being of working adults. No significant difference was found in addiction to social networking sites and psychological well being of working adults of government and private sector. Addiction to social networking sites was found more or less similar among working men and women.

KEYWORDS: Adults, Addiction, Psychological Well Being, Social Networking Sites