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Article

A Study of Instagram Dependency on Indian Youth: Assessing Its Impact on Students' Lives

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Abstract: Instagram is a popular social media platform among youth, with over a billion active users worldwide. The platform allows users to share photos, videos, and stories and connect with friends and followers. Instagram has become a significant part of youth culture, with many young people spending a considerable amount of time on the app. According to Enterprise (2012:02), Instagram is a community shared among one member with other members from all over the world. This study examines the impact of Instagram on the physical and mental well-being of Indian youth. With the rapid proliferation of social media platforms in India, Instagram has emerged as a prominent influence on the lives and perceptions of young individuals. Studies have shown that using Instagram among youth can have positive and negative effects. On the positive side, Instagram can be a way for young people to express themselves, connect with others, and discover new interests. However, excessive use of the platform can also lead to negative outcomes, such as social comparison, anxiety, and low self-esteem. Instagram addiction among youth is a growing concern. Some young people may feel compelled to check their accounts frequently and may experience negative emotions if they are unable to do so. In extreme cases, excessive use of the platform can interfere with daily activities and relationships, leading to a negative impact on mental health. Parents and educators can play a role in helping young people manage their Instagram use. This can include setting limits on screen time, encouraging healthy online habits, and promoting offline activities and social interaction. Additionally, mental health professionals can offer support to young people who are struggling with addiction or other negative effects of Instagram use. This study explores the prevalence of Instagram dependency among Indian youth.

Keywords: instagram; social media; indian youth; mental well-being; mental health; social media dependency; instagram addiction

Introduction

India has the second-largest population in the world, with more than 1.3 billion people (Hootsuite, 2022). India had around 448 million social media users in 2020, expected to reach 600 million by 2023; around 77% are between 18 to 34 years (Internet and Mobile Association of India, 2020). Hence, social media has gained immense popularity among young adults in India. On average, an internet user in India spends 2 hours to 25 minutes per day on social media, accounting for 39% of the nation's total population (Hootsuite, 2022). According to the India Social Media Statistics (2023), Facebook is India's leading social media platform, with YouTube, WhatsApp, Instagram, and Twitter following suit; Facebook is particularly popular among older adults (Menon et al., 2023). Among internet users in India, WhatsApp is the dominant social media platform, with 95% of surveyed individuals reporting its usage. Facebook ranked as the second most popular platform, with 78% of respondents indicating its use, while YouTube followed closely behind at 64%. (Chakravarti, 2021).

As India experiences a digital revolution, social media platforms have become integral to the lives of its youth. Instagram, with its visual-centric interface and popularity among young Indians, holds significant sway over their perceptions and behaviours. In recent years, Instagram has emerged as a dominant force in shaping the lives and perceptions of Indian youth [1]. With its visually-driven platform and widespread popularity, Instagram has become an integral part of the daily routines of

millions of young Indians. However, alongside its undeniable allure, concerns have been raised about the potential impact of Instagram on the physical and mental well-being. As India undergoes rapid socio-cultural transformations fuelled by technological advancements and globalization, the influence of Instagram on the country's youth has become a subject of increasing scrutiny. Against the backdrop of diverse cultural norms, societal expectations, and economic disparities, understanding how Instagram shapes the perceptions, behaviours, and well-being of Indian youth is essential.

Social media is an expression we toss around a ton nowadays. It is a digital way of communication in the virtual world. It involves interactions on different digital platforms using different methods i.e., text, photos, videos, audio and video calls, etc. At the beginning of the 21st century, students from Harvard University designed a chat website named Facebook that was intended to be used by the institution's students. Soon, however, it became prevalent among people of all ages around the globe [1,2].

Since then, several other platforms have offered similar services with some diversified features and provide users with a way to be globalized. With the advancement of technology and the availability of gadgets on a large scale, the role of social media has increased. The platforms initially started for chatting have now expanded their heritages to many spheres and are helping people in different ways. There are chatting applications that allow people to send messages in the form of text; there are applications that allow users to send photos and videos. Some applications enable live streams, allowing users to get fan-follow confidence and earn a living.

The most common social media sites are the ones that provide people with the ability to be socialized using text messages. In this regard, WhatsApp, Facebook, and Instagram are the prominent ones that allow users to communicate rapidly. Secondly, some sites allow users to demonstrate their inner skills to the world; this way, they can get followers and cheers from all over the globe [1,4,5].

Facebook, Twitter, and Instagram are platforms flooded with talented individuals exhibiting their flair. Some platforms are more famous for their visual communication than text. Pictures, videos, and illustrations provide an in-depth view of the people. Facebook, Instagram, and Snapchat are the apps commonly used among the youth for sharing pictures and videos and impressing others with the content. Today, social media networks such as Facebook, Twitter, YouTube, WhatsApp, Instagram, etc., have become an integral part of youth's lives [1,4,5].

Youths can only imagine themselves using social media networks. They are active on social media from early morning to late at night. Students also use social media networks during the examination periods. All the age groups in India have adopted these new social communication channels. Social media has a significant impact on society, especially on the youth.

Social media networks have negative as well as positive impacts on our society. Knowing the positive and negative impact of social networking sites and applications on today's young generation is important. It is also important to understand the benefits of social networking for youth. Social media addiction is very dangerous for both the mental and physical health of youth. People use social media to find community, but their mental health is often negatively affected by this culture of comparison.

Several studies found that individuals who are addicted to social media like Snapchat, Facebook, Twitter, Instagram, and WhatsApp all experience increasing social withdrawal, lack of sleep, feelings of depression, anxiety, poor body image and loneliness, lost self-esteem, etc. Due to excessive social media usage, many health problems have also increased in youth. They are growing health issues like negative side effects such as eye strain, migraine, headache, cervical pain, etc. Social media applications are designed to bring people together, but there are some opposite effects in some cases [1,2,5].

A 2017 study found that in adults aged 19-32 years, people with higher social media use were more than three times as likely to feel socially isolated than those who did not use social media as often. Poor posture is also a huge problem for many people. The way individuals use mobile devices and computers is also a reason for incorrect posture. Social media is one of the most popular online activities worldwide.

In 2020, globally, an estimated 3.6 billion internet users were using social media in 2020 (**J. Clement, 2020**). 78% of people between 18 and 24 use Snapchat, 71% use Instagram, and 68% use Facebook. On the other hand, 94% of people aged 18-24 use YouTube, and 45% use Twitter. (**According to Pew Research Center, 2015**). Studies have found that those with less social interaction suffer more from mental distress as compared to people with strong family and friends bonds (**Klienberg, 2016**).

Instagram

The social media network Instagram was introduced in 2010 and has since become one of the most widely used social media platforms worldwide. It is a platform for sharing photos and videos, enabling users to visually communicate their thoughts, feelings, and experiences with their followers. Many people's everyday lives now revolve around Instagram, especially the younger age. With over a billion active users worldwide, it has transformed how people interact, share information, and express themselves. Instagram was launched in October 2010 by Kevin Systrom and Mike Krieger [1,2,4,5].

Systrom had worked for Google, and Krieger had studied at Stanford University. They came up with the idea for Instagram after Systrom's girlfriend complained that there was no way to share photos easily on the iPhone. The first version of Instagram was launched in the Apple App Store on October 6, 2010. It was an instant hit, with over 25,000 people signing up for the service in the first 24 hours. The app allows users to take photos, apply filters, and share them on social media platforms like Facebook and Twitter. One of the key features that helped Instagram gain popularity was the Explore tab, which allowed users to discover new accounts and content based on their interests. The explore tab made it easy for users to find new content and helped grow the Instagram community.

Instagram's early growth was slow but steady. By December 2010, the app had over 1 million users. By March 2011, it had 4 million users. By June 2011, it had 5 million users. This rapid growth caught the attention of investors, and in February 2011, it raised **\$7 million** in funding from venture capital firm Benchmark Capital. Instagram's popularity continued to grow throughout 2011, and in April 2012, the application was launched on Android, which helped to increase its user base even further [1,3,6].

In April 2012, Facebook CEO Mark Zuckerberg announced that his company would acquire Instagram for \$1 billion in cash and stock. The acquisition was completed in September 2012, and Instagram became a subsidiary of Facebook. Many users were concerned that the acquisition would lead to changes in the app, but the founders assured that Instagram would remain independent and that its focus on simplicity and user experience would not change.

Statement of the Problem

Instagram addiction among youth is a growing concern due to its negative impact on mental health and overall wellbeing. As young people spend more time on the app, they become increasingly reliant on it for social validation, leading to compulsive use and addiction. This addiction can lead to decreased academic performance, social isolation, and other negative outcomes. Furthermore, Instagram design features and algorithms are designed to encourage addictive behaviour, such as constantly refreshing the feed, sending notifications, and promoting engagement through likes and comments. Despite the potential negative consequences, many young people continue to prioritize Instagram use over other aspects of life, leading to addiction and other mental health issues. Therefore, it is crucial to address the problem of Instagram addiction among youth and promote healthy social media habits to improve their mental health and wellbeing.

Theoretical Framework

Instagram addiction among youth can be understood within a theoretical framework that incorporates various perspectives on addiction and social media use. One such framework is the cognitive-behavioural model of addiction, which posits that addictive behaviour is driven by

reinforcing stimuli and cognitive distortions that perpetuate the behaviour. Another relevant framework is the social learning theory, which suggests that addiction is learned through observation and reinforcement of behaviour, as well as through cognitive processes such as self-efficacy beliefs and outcome expectancies. This theory also emphasizes the role of social factors such as peer pressure and social norms in shaping addictive behaviour. In addition, the self-determination theory highlights the importance of intrinsic motivation and autonomy in regulating behaviour, and suggests that addictive behaviour may result from a lack of fulfilment of these basic psychological needs.

From a developmental perspective, the problem behaviour theory suggests that risk factors such as low self-esteem, academic difficulties, and peer rejection can contribute to the development of addictive behaviours, including excessive social media use. Finally, the concept of FOMO (fear of missing out) has been proposed as a potential explanation for Instagram addiction among youth, as the platform can create a sense of social pressure to constantly engage with content and stay connected with peers. Overall, understanding Instagram addiction among youth requires a comprehensive and multifaceted theoretical framework that takes into account individual, social, and environmental factors that contribute to the behaviour.

Causes of Instagram Addiction among Students

Instagram addiction among youth can have various causes. Here are some possible factors that may contribute to the development of Instagram addiction. Instagram is a highly visual platform where users share photos and videos of their lives. The social pressure to fit in, be popular, and receive validation from their peers can cause some youth to become addicted to Instagram. Instagram provides users with instant gratification through likes, comments, and followers. This can create a tense feeling of reward that leads to addiction. It is a platform where users share their experiences, and some youth can feel like they are missing out on something if they are not constantly checking the app. It provides an endless stream of content that can be entertaining and distracting. This can lead to some youth using the app excessively to fill their free time. It allows users to compare their lives with others, which can create feelings of inadequacy or a desire to keep up with others.

Consequences of Instagram Addiction among Students

Instagram addiction among youth can have various consequences. Here are some possible negative effects that can result from excessive use of Instagram:

Studies have found that excessive use of social media can lead to poor mental health i.e., anxiety, depression, and low self-esteem. Instagram addiction can contribute to these issues by creating a constant need for validation and comparison. Using Instagram before bed can disrupt sleep patterns and lead to insomnia. Spending excessive amounts of time on Instagram can distract youth from their studies, leading to poor academic performance. Youth who spend too much time on Instagram may miss out on real-life social interactions, leading to a lack of social skills and difficulty building relationships. Spending long hours on Instagram can lead to a poor physical health which contribute to obesity, poor posture, and eye strain [1,3,6].

Purpose

The purpose of a study on Instagram addiction among students can vary depending on the specific research question and objectives, but some general purposes of such a study could include:

- To increase understanding of the prevalence, causes, and consequences of Instagram addiction among students.
- To advance the scientific knowledge and understanding of the complex interplay between technology use, mental health, and social behaviour among young people.
- To explore the factors contributing to Instagram addiction among students, such as peer pressure, social comparison, and low self-esteem.

Overall, the purpose of a study on Instagram addiction among students is to contribute to the improvement of students' well-being and academic success by providing evidence-based recommendations and solutions to address the negative effects of excessive and problematic use of Instagram.

Objectives

1. To Examine the Prevalence of Instagram Dependency Among Indian Students
2. To find out the addiction of Instagram
3. To Identify Gender and Demographic Differences in Instagram Dependency
4. To find out the psychological impact of Instagram on students

Literature Review

Kaur, D. and Bashir, H. (2015), found both positive and negative effects of social media on adolescents' mental health, in which positive aspects were social support, social connectedness, enhanced communication, and general awareness. Negative effects include depression, stress, fatigue, online harassment, cyberbullying, sexting, suppression of emotions, and a decrease in intellectual abilities.

Qingya Wang, Wei Chen, and Yu Liang (2011), in their study "The Effects of Social Media on College Students," as social media sites continue to grow in popularity, it is our premise that technology is a vital part of today's student success equation. The results of the study indicated that 45% of the participants admitted that they spent 6-8 hours per day checking social media sites, while 23% spent more than 8 hours, 20% spent 2-4 hours, and only 12% spent less than 2 hours on this task. Most college students use social media and spend many hours checking social media sites; there is a negative aspect to college students' use of social media.

Khurana N (2015), concluded in his study on "The Impact of Social Networking Sites on the Youth" that the youth have determined their boundaries and have set limits on how and when to use social media, irrespective of its positive and negative effects. Today's youth are techno-savvy and socially existent and embody social consciousness.

Nia Crawford Loebig, in their research on "**How Does Social Media Affect Youth?**" (2015), stated that social media, like a coin, have a valuable and harmful impact on the youth. It helps youngsters to flourish and grab downward. Hence, youth has to be careful. Youth connect with many people and promote themselves in their careers. Social media helps youngsters to share their opinions with others.

Ali et al. (2016), researched "**Effects of Social Media on Youth: A Case Study in the University of Sargodha.**" This study aims to explore the effects of social media on university youths. The study reported that social media helps students learn and provides job opportunities. Social media is used by teenagers mostly for communication with friends and family. It was also found that social media cause some health problems, and it also affects our culture [1,2].

Singh et al. (2017), researched "Social Media Usage: positive and negative effects on the lifestyle of Indian youth." The study aimed to examine the positive and negative effects of social media usage on the lifestyle of the youth. The analysis showed that most youth use social media for entertainment, chatting, and site surfing. It was also found that overutilization of social media has adverse effects on the user's physical and mental health, such as panic sensations, anxiety, strain, mental fatigue, etc. Despite its negative effects, it was inferred that youth cannot imagine their life without social media. It was also revealed that overuse of social media makes youth lazy and unenthusiastic about their interactions with people in real life.

Akram, W. & Kumar, R. (2017), concluded there has been a massive increase in the number of users who choose it for diverse purposes. It allows them to showcase their hidden skills to the world. Facebook, Instagram, Twitter, YouTube, Snapchat, and Tumbler all offer far-reaching prospects to observe and choose them according to their interest. From getting salaried to running businesses, relishing impressive content to presenting inner skills, reading books, novels, and interesting content,

to staying updated with the happening events, it benefits each of its users in a best-desired way. Where social media has comprehensive and far-reaching impacts on youth, it is also being used in negative means. From cyberbullying to online crimes and from hacking to data breaches, it also has some deleterious impacts [5–7].

S, Kumar & Kumar (2019), state that social media also negatively affects youngsters. Ohio State University's research states that students who used social media during their study hours had lesser grades than those who did not involve themselves in these activities. Furthermore, extensive and unbalanced use of social media sites also leads to mental and psychological stress, and this way, it affects their learning and understanding skills.

Anjali Singh & Herendra Kumari (2020), in their study "Impact of Social Media on Adolescents Mental Health," showed that there was a significant difference between adolescents who use social media for less than two hours and adolescents who use social media for more than two hours on depression, anxiety, and stress level. Hence, we can say that adolescents who use social media for more than two hours are mentally healthier than adolescents who use social media for less than two hours.

Karim F, Oyewande A A, Abdalla L F, et al. (June 15, 2020), "Social Media Use and Its Connection to Mental Health: A Systematic Review", Social media are responsible for aggravating mental health problems. This systematic study summarizes the effects of social network usage on mental health. The study concludes that using social media platforms can harm the psychological health of its users. This systematic review has found that social media usage can affect the level of anxiety and depression in individuals.

Hassan Ebrahimpour Sadagheyani and Farin Tatari (2021), in their study "Investigating the role of social media on mental health," found that social media has negative and positive effects on mental health. Negative effects included anxiety, depression, loneliness, poor sleep quality, poor mental health indicators, thoughts of self-harm and suicide, increased levels of psychological distress, cyberbullying, body image dissatisfaction, fear of missing out, and decreased life satisfaction. Positive effects included accessing other people's health experiences and expert health information, managing depression, emotional support, and community building, expanding and strengthening offline networks and interactions, self-expression and self-identity, and establishing and maintaining relationships.

Nuray Caner.(2022) "The contribution of social media addiction to adolescent LIFE: Social appearance anxiety" According to Nuray Caner, The use of social media by adolescents, who spend about 3 hours a day on social media, is dominated by visual communication. Nowadays, appearance ideals are presented through social media platforms. Exposure to these popular ideals of appearance could cause appearance-based anxiety and adolescents to develop binge-eating behaviour. This cross-sectional study was conducted to determine social appearance anxiety, social media addictions, and emotional eating behaviours of adolescents. 1363 adolescents, living in the Central Anatolian Region of Turkey, were included in the study. Data were collected with a Questionnaire form, the Social Appearance Anxiety Scale (SAAS), Social Media Addiction Scale (SMAS), and Emotional Eating Scale (EES-C). 24.4% of adolescents are social media addicts. No relationship was found between adolescents' social appearance anxiety, social media addictions, and emotional eating behaviours.

Kristin Wilson, MA, LPC, Newport's Chief Experience Officer. (2020) "Teen Social Media Addiction: A Cause, or a Symptom?" Research shows that teenagers' use of social media goes hand in hand with increased teen depression and lower levels of life satisfaction. The frequency of a teen's use of social media has a clear correlation to how they feel. A CNN study of 13-year-olds and their relationship with social media, called #Being13, found that participants who checked social media 50 to 100 times a day were 37 percent more distressed than those who checked just a few times a day. Those who checked more than 100 times a day were 47 percent more distressed on average.

Common sense media. (2022) "The Stats on Teen Social Media Addiction" According to a Common Sense Media report released in 2022, the latest teen social media stats indicate that adolescents' use of social media is increasing. But they're getting less out of it. Addiction could play

a role in their scrolling behaviours. Here are some of the latest statistics from the new report: 84 percent of teens use social media, and 62 percent of teens use it every day. Only one-third of teens say they enjoy social media "a lot," down from 40 percent in 2019. There are often 42 percent of teen girls say they enjoy social media, compared with 27 percent of teen boys. Girls are also more likely than boys to use social media every day (68 percent vs. 57 percent).

Instagram, TikTok, and Snapchat are the most popular social media sites for teens. Use of social media among teens went up by 7 percentage points between 2019 and 2021, from 31 to 38 percent.

Tarek A. El-Badawy1 and Yasmin Hashem1. (2015) "The Impact of Social Media on the Academic Development of School Students" According to this paper, it is a true statement given that the students spend between one to more than six hours daily on social media platforms, such as Facebook and Google. In this paper it is conclude that there is no negative impact from the use of social media on the academic performance of the school students, and it is proven by the Chi Square analysis, which resulted with no significant relationship or difference between both the frequency of using social media with the overall grade average; and with the number of hours spent daily on studying.

Aida Abdullah. (2014) "A Study on the Negative Effects of Social Networking Sites Such as Facebook among Asia Pacific University Scholars in Malaysia" This paper explained the negative effects of social network sites such as Facebook among Asia Pacific University scholars. Because of social media platform's widespread adoption by university students, there is an interest in how Facebook is related to academic performance. This paper search the use of, participation in activities and time spent preparing for class, in order to know if Facebook affects the performance of students. Moreover, the impact of social network site on academic performance also raised another major concern which is health.

Gok, T. (2015) "The positive and negative effects of digital technologies on students' learning" The positive and negative effects of digital technologies and social networking sites on the students were examined in this study. Research results presented that half of the student's spend time one and half hour/day on smartphone. They generally use the smartphone for calling friends, messaging, listening to music, watching video/clips, and especially using social media sites (Facebook, YouTube, Blogs, Foursquare, Twitter, etc.). Female and male students (65%) spend more than two hours per day on computer and internet for similar purposes.

Ahmet A et.Al. (2011) "Internet Addiction and Depression, Anxiety and Stress" This paper suggest that to examine the relationships between internet addiction and depression, anxiety, and stress. Internet addiction was found positively related to depression, anxiety, and stress. According to path analysis results, depression, anxiety, and stress were predicted positively by internet addiction. This research shows that internet addiction has a direct impact on depression, anxiety, and stress.

Methodology

Research Design

For this study, the researcher utilized a quantitative methodology using a correlational research design to help achieve an understanding the possible predictors of Instagram usage. Descriptive survey research in which conclusions were drawn upon based on the participant responses were utilized. This method provides a useful results to analyze the data.

Population

The target population for this study was married adults between the ages of 18-24 who use Instagram at least once a day. In this study the questionnaire to the students and they were asked to give their opinion. 75 students were who could potentially participate in the study.

Sampling and Sampling Procedures

The sample size of the study was confined to J.C. Bose University of Science and Technology, YMCA, Faridabad. The questionnaire were sent by the researcher to the students through email and WhatsApp. The researcher gave participants a week to fill the questionnaire.

Data Analysis Plan

The researcher gave questionnaire to participants who volunteered to take surveys and submit their results in a timely fashion. The delimitations were that the participants were all university students and used Instagram. The participants will be given the opportunity to self-reflect at the end of the survey if they feel there had been a change in how they feel about themselves.

After the data collection, all data will be put into a database for figuring out the multiple regression analysis using SPSS. The data cleaning and screening process for the study was done as follows: The participants filled in all the complete requested information including age, years, how much the amount of time spent on Instagram.

Data Analysis & Interpretation

Data Collection

The researcher collected data over a one-week period from April 21 to April 27, 2023. The data were collected via an email survey sent to students who used Instagram at least once a day. In addition to the measures, researcher collected demographic information such as age, gender, and how often they use Instagram. The survey was emailed to over 100 participants. A total of 75 surveys was collected from responded. The process for participant recruitment and data collection are described below.

Description of Participants

Out of the 100 participants solicited, 75 surveys were returned and submitted. Accuracy was also confirmed by ensuring the data were within the proper minimum and maximum ranges. The data was then checked for the presence of outliers. Outliners were then excluded from the final analysis. In the end, 75 qualified participants were used for data analysis. Next, data cleaning occurred by checking the assumptions.

“The work organized the data on different tables.”

Collection of data were organized under the following tables for analysis and interpretation

Table: 1

Q. Do you use Instagram?

	Male	Female
Yes	50	25
No		

Among all the participant students both male and female are using Instagram

Table: 2

Q. How much time you spend on Instagram?

	Male	Female
0-2	15	15
2-4	25	10
More than 4 hours	10	25

Among all the participants 50% of boys and 50% of girls, girls are using Instagram more than 4 hrs

Table: 3

Q. Does Instagram effect on your studies?

	Male	Female
Yes	15.3	29.1
No	30.8	23.8

In this table, researcher has shown girls ratio is higher than the boys

Table: 4

Q. Affection of Instagram affected Overthinking?

		Total
Yes	11	24.4
No	17	37.8
Sometimes	17	47.8
Total		100

In this table, the participants about 24.4% students consider Instagram affected overthinking about 37.8% students consider no and about 47.8% students consider sometimes Instagram affected overthinking

Table: 5

Q. Do you think Instagram use most affects negatively on youth behaviour and anger issues?

		Total
Yes	13	28.9
No	9	20
May be	23	51.1
Total		100

In this table, researcher analyze that more participants about 51.1% consider Instagram affects negative impact

Table: 6

Q. Instagram use make you feel depressed.

	Male	Female
Yes	6.9	10.9
No	43	39.2

In this case participants disagree with the statement

Table: 7**Q. Does your Instagram use delays your bedtime?**

	Male	Female
Yes	26.1	25
No	10	12.2
Sometimes	8.35	18.35

Table: 8**Q. Did you created a fake account keeping quiet from your family?**

	Male	Female
Yes	2	11.2
No	43.85	43.85

In this table, probably girls create a fake account with the 11.2%**Table: 9****Q. Do you usually feel distracted from your daily academic work?**

	Male	Female
Yes	3	9.1
No	24.35	21.35
Sometimes	7.2	35

Table: 10**Q. Does your Instagram use make you feel more stressed about necessary such as likes and comments?**

	Male	Female
Yes	10	5.6
No	31.1	20
I don't care	15	18.3

In this case, researcher find that 10% Male feel more stressed about necessary likes and comments and 5.6% Female. About 51.1% participants consider no and other consider I don't care

Results and Discussions

Results

The result found that Instagram affected both boys and girls. However, in comparison to boys, girls spend more time on Instagram. The researcher found that 24.4% of Instagram affected overthinking, and 37.8% of participants found that it does not affect overthinking.

The use of Instagram negatively affects youth behaviour and anger issues. 28.9% of participants agree that Instagram affects negatively. 20% of participants disagree with this statement. Moreover, 51.1% of participants' opinions may be. Overall, in this case, most of the participants think it may have a negative impact on youth or not.

In Table 6, 6.9% of males and 10.9% of females agree that Instagram use makes them feel depressed. Researcher found that more Instagram use delays their bedtime. In the survey, 26.1% of males and 25% of females found they delay their bedtime. Moreover, 8.35% of men and 18.35% of women sometimes delay their bedtime. In the following case, the researcher asks if they feel more stressed about necessary things such as likes and comments. In this, participants have their own opinions. About 10% of males and 5.6% of females considered yes. Considering no, the high ratio is around 31.1% male and 20% female.

Discussions

Instagram addiction among youth is a topic that has received a lot of attention in recent years. Many people are concerned about the impact that excessive use of Instagram can have on young people, both in terms of their mental health and their overall well-being. Here are some discussions on Instagram addiction among youth:

There is growing evidence that social media addiction, including Instagram addiction, can have a negative impact on mental health. Studies have shown that excessive use of social media can lead to anxiety, depression, and other mental health problems. Another concern is that excessive use of social media can have a negative impact on academic performance. Studies have shown that students who spend more time on social media are more likely to have lower grades and are less likely to complete their homework. The role of parents and educators in addressing social media addiction. They can help educate young people about the risks of excessive social media use and encourage healthy habits, such as limiting screen time and engaging in other activities.

The issue of Instagram addiction among youth is a complex one, and there are no easy solutions. However, by raising awareness of the risks associated with excessive social media use and promoting healthy habits, we can help young people make more informed choices about their social media use.

Conclusions and Recommendations

Conclusions

Instagram has had a significant impact on the youth, both positive and negative. On the positive side, Instagram has allowed young people to express themselves creatively, connect with friends and family, discover new ideas and trends, and even build businesses and careers.

Instagram can also have negative effects on young people's mental health and self-esteem. The platform's focus on likes, followers, and perfect images can lead to feelings of inadequacy and comparison, and can even contribute to anxiety and depression in some cases. Additionally, exposure to unrealistic beauty standards and harmful content can have damaging effects on young people's body image and self-worth.

It is important for young people to use Instagram in a responsible and mindful way, taking breaks from the app when necessary and avoiding comparing themselves to others. It is also crucial for parents, educators, and mental health professionals to have open conversations with young people about the potential risks and benefits of using social media, and to provide support and resources for those who may be struggling with the negative effects of Instagram or other social media platforms.

Recommendations

- Encourage mindful social media use: Help young people understand the importance of setting boundaries around their social media use, such as limiting the amount of time they spend on Instagram each day.
- Promote positive body image: Instagram can be a platform that perpetuates unrealistic beauty standards and can negatively impact body image. Encourage young people to follow accounts that promote body positivity and self-love.

- Foster meaningful connections: Instagram can also be a place for social comparison and a source of FOMO (fear of missing out). Encourage young people to focus on building meaningful connections with friends and family offline.
- Be a positive role model: Model healthy social media use by setting your own boundaries and being intentional about the content you consume and share on Instagram.

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