A STUDY ON LONELINESS AND SOCIAL MEDIA ADDICTION AMONG YOUNG ADULTHOOD

Dissertation submitted to Christ College (Autonomous) in partial fulfilment of the requirements for the award of the degree of Bachelor of Science in Psychology

Submitted by,

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2018-2021

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BONA-FIDE CERTIFICATE

This is to certify that the dissertation entitled, **"A STUDY ON LONELINESS AND SOCIAL MEDIA ADDICTION AMONG YOUNG ADULTS"** is a bona-fide record of research work carried out by Ms. **AATHIRA ANIL**, Register no: **CCASSPY014**, during the sixth semester of B.Sc. Psychology of the academic year 2018-2021.

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INTERNAL EXAMINER   **EXTERNAL EXAMINER**

DECLARATION

I hereby declare that the dissertation work entitled **"A STUDY ON LONELINESS AND SOCIAL MEDIA ADDICTION AMONG YOUNG ADULTS"** submitted to the University of Calicut, in partial fulfilment of the requirement for the award of the Degree of Bachelor of Science in Psychology is the record work done by me under the supervision of Ms. Ann Maria Vincent, Assistant Professor, Department of Psychology, Christ College (Autonomous) Irinjalakuda. This is not formed as the basis for the award of any degree/diploma (Associate ship) fellowship or other similar title to any candidate of any university.

Place : Irinjalakuda

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ACKNOWLEDGEMENTS

"Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for"

I take this opportunity to express my gratitude to every person from whom I was fortunate enough to get valuable guidance and help. First, I would like to thank the God Almighty, for showering His blessings to make this dissertation a success.

I owe my thanks to the principle of Christ College (Autonomous), Irinjalakuda, Fr. Dr. Jolly Andrews, for providing the conductive infrastructure for the conduct of the study.

I express my special gratitude to my guide Mrs. Ann Maria Vincent, Assistant Professor in Department of Psychology for her valuable support and motivation. Words are insufficient to thank her, who from first have directed and enlightened me for my study. Her input in every stage of the work, suggestions was handled with meticulous care, patience, motivation, guidance and encouragement. I whole heartedly thank her for all her support.

I greatly thank the support and help extended by the Faculty Members of the Department of Psychology, Christ College (Autonomous), Irinjalakuda, during this study.

I heartily convey my regards to my friends Ramya and Gayathri, who has helped me to get the sample that was needed for the study.

I am also thankful to all the participants who took part in my study. Thanks to all my friends and family members whose endurance, concern and invariable support helped me in accomplishing this task.

-Aathira Anil

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ABSTRACT

The purpose of the study was to understand the relationship between loneliness and social media addiction among young adults. The sample consisted of 90 young adults of which 45 were males and 45 were females. A method of random sampling was done from Thrissur district. The scales used for the study were Social Media Addiction Scale-Student Form by C. Sahin and UCLA Loneliness Scale-Version 3 by W. D. Russell. The statistical analysis was done with correlation and t-test. The results shows that there is no significant relationship between loneliness and social media addiction. Also, there is no significant mean difference in loneliness and social media addiction when we consider gender difference.

CHAPTER-1

INTRODUCTION

A young adult is generally a person ranging in age from their late teens or early twenties to their thirties, although definitions and opinions, such as Erik Erikson's stages of human development, vary. The young adult stage in human development precedes middle adulthood.

Biologically and psychologically, young adulthood is fundamentally a period of maturation and change, although the degree of change may seem less striking than the changes that occurred during childhood and adolescence. As just one example, the physical changes of the transition from childhood into adolescence are transformative, with bodies growing in dramatic bursts and taking on secondary sex characteristics as puberty unfolds. As young people move from adolescence into adulthood, physical changes continue to occur, but they are more gradual. Individuals begin the steady weight gain that will characterize adulthood, but these changes are not as discontinuous as they are at the beginning of adolescence.

The young adult period is characterized by rapid physiological, sexual, cognitive, and emotional changes. The transition from adolescent to adult becomes apparent as one completes the process of physical maturation and secondary sexual characteristics become fully formed. Many young adults also move into new adult roles and responsibilities: They may begin higher education studies, enter the work force, move away from home, or start a family. They may be expected to accept responsibility for themselves legally, make decisions for themselves, and—in many cases— are often encouraged to begin supporting themselves financially. Erikson referred to the young adult period as "intimacy vs. isolation" in his eight stages of development, describing it as the period when individuals often begin intimate relationships after developing a sense of identity.

A longitudinal study by the National Institute of Mental Health (NIMH) found that a young adult's brain is not fully mature until around 25 years of age. It was discovered that most significant changes after puberty occur in the prefrontal cortex and cerebellum—the regions involved in emotional control and higher-order cognitive functioning. While the limbic system— often associated with emotions, motivation, and behaviour— undergoes major changes during puberty, the prefrontal cortex keeps maturing for about another 10 years. This part of the brain affects how a person control the impulses and develops longterm strategies. Thus, it may be helpful when an individual attempt to answer the question, "What am I going to do with my life?"

Young adult issues, which may arise in those who are in their late teens and early twenties, may consist of difficulties with peers, sexual or developmental concerns, school or career challenges, family differences, and so on. Many factors indicate the transition from young adult to independent adult now takes more time than it did in the past, when youth who had completed high school were

often considered ready for employment, marriage, and other aspects of settled adult life. Many young adults embrace this transition period and enjoy the time spent exploring possibilities for the future, obtaining higher education, and pursuing friendships and/or intimate relationships. Some young adults may find their entry into adult responsibilities overwhelming or confusing, though they may still enjoy the experience. This overwhelm and confusion, along with rapid changes in biological, psychological, and social development, may help contribute to the development of major depression, the rates of which are shown to increase for this age group.

LONELINESS

Loneliness is a universal common experience. It has been described as a negative feeling that appears when there is a discrepancy between what one wants in terms of interpersonal affection and intimacy and what one, in fact, has. This discrepancy can result from the changes in the personal and social needs and desires. Loneliness has been defined as "the unpleasant experience that occurs when a person's network of social relations is deficient in some important way, either quantitatively and qualitatively" by Preplan and Perlman. It is an emotional state in which a person experiences a powerful feeling of emptiness and isolation. Loneliness is more than just the feeling of wanting company or wanting to do something with another person. Loneliness is a feeling of being cut off, disconnected, and/or alignated from other people, so that it feels difficult or even impossible to have any form of meaningful human contact lonely people often feel empty or hollow inside. Feeling so separation or isolation from the world are common amongst those that are lonely.

Loneliness should not be created with being alone.
Everyone has times when they're alone for situational reasons, or because they have chosen to be alone. Being alone can be experienced as positive, pleasurable and emotionally nourishing if it is under the individual's control solitude is the state of being alone and secluded from other people, and often implies having made a conscious choice to be alone. Loneliness is also described as social pain – a psychological mechanism which motivates individuals to seek social connections. It is often associated with an unwanted lack of connection and intimacy. As a subjective emotion,

loneliness can be felt even when surrounded by other people; one feels lonely is lonely. The causes of loneliness are varied. They include existential, cultural, lack of meaningful relationships, relationship loss, situational, self perpetuating, social contagion, internet and genetics.

Two principal types of loneliness are social and emotional loneliness. This typology was made in 1973 by Robert S. Weiss. Social loneliness is the loneliness people experience because of lack of a wider social network while emotional loneliness is the loneliness resulting from lack of deep, nurturing relationship with other people. Research has shown that loneliness is found throughout society, including among people in marriages along with other strong relationships, and those with successful careers most people experience loneliness at some points in their lives, and some feel it very often. As a short term motion, loans can be beneficial; it encourages the strengthening of relationships. Chronic loneliness on the other hand is widely considered harmful, with numerous reviews and meta-studies concluding it is a factor for poor mental and physical health outcomes.

Contributing factors to loneliness include situational variables, such as physical isolation, moving to a new location, and divorce. The death of someone significant in a person's life can also lead to feelings of loneliness. Additionally, it can be a symptom of a psychological disorder such as depression. Loneliness can also be attributed to internal factors such as low self-esteem. People who lack confidence in themselves often believe that they are unworthy of the attention or regard of other people, which can lead to isolation and chronic loneliness. Loneliness has a wide range of negative effects on both physical and mental health, including alcoholism and drug use, altered brain function, Alzheimer's disease progression, antisocial behaviour, cardiovascular disease and stroke, decreased memory and learning, depression and suicide, increased stress levels and poor decision-making.

Loneliness is both pleasing and boring. It is correlated with social anxiety, social inhibition (shyness), sadness, hostility, distrust, and low self-esteem, characteristics that hamper one's ability to interact in skillful and rewarding ways.

Loneliness can definitely be overcome. Making contact with people can be a useful first step in helping you feel less alone. It is very important to make links with people with shared experiences, values or interests.

SOCIAL MEDIA ADDICTION

Social media are interactive digitally mediated technologies that facilitate the creation or sharing or /exchange of information, ideas, career interests and other forms of expression via virtual communities and networks. Users usually access social media services via web based apps on desktops and laptops, or download services that offer social media functionality to their mobile services. Some of the most popular social media websites, with over 100 million registered users include Facebook, Tik tok, Instagram, Twitter and WhatsApp. Social media addiction is a behavioral addiction that is characterized as being overly concerned about social media, driven by an uncontrollable urge to log on to or use social media, and devoting so much time and effort to social media that it impairs other important life areas. Addictive social media use will look much like that of any other substance use disorder, including mood modification, salience, tolerance, withdrawal symptoms, conflict and relapse. The phenomena of social media addiction can largely be contributed to the dopamine inducing social environments that social networking sites provide. Social media platforms produce the same neural circuitry that is caused by gambling and recreational drugs to keep consumers using their products as much as possible. Studies have shown that constant stream of retweets, likes and shares from the sites have affected the brain's reward area to trigger the same kind of chemical reaction as other drugs such as cocaine. Due to the affect that it has on the brain, social media is addictive both physically and psychologically.

There has been increasing need for people to find ways to be connected with friends, family members, co-workers, classmates, and those they have just met with the help of social networking sites. Social media penetration worldwide is ever increasing. Statistics shows that there are about 4.20 billion social media users around the world at the start of 2021, equating to more than 53 percentage of the total global population. Social media user numbers have surged in the past 12 months too, with 490 million new users joining social media in the year to 2021. Facebook remains the world's most widely used social media platform, but there are other social media platforms that claim more than one billion monthly active users each. They include YouTube, WhatsApp, Instagram, Telegram, Snapchat, etc.

Social media use becomes problematic when someone views social networking sites as an important coping mechanism to relieve stress, loneliness or depression. For these people, social media used provides continuous rewards that they are not receiving in the real life, and end up engaging in the activity more and more. This continuous use eventually leads to multiple interpersonal problems, such as ignoring real life relationships work or school responsibilities, and physical health, which may then exacerbate an individual's undesirable moods. This then causes people to engage in social networking behaviour even more as a way of relieving dysphoric mood states.

Consequently, when social network users repeat the cyclical patterns of relieving undesirable moods of social media use, the level of psychological dependency on social media increases.

Importantly, frequent social media usage does not necessarily indicate social media addiction and therefore does not always have negative implications for individuals' mental health or academic performance. A key distinction between normal over-engagement in social media that may be occasionally experienced by many and social media addiction is that the latter is associated with unfavourable consequences when online social networking becomes uncontrollable and compulsive.

NEED AND SIGNIFICANCE OF THE STUDY

The use of Internet has increased considerably over the last few years. Technology has grown in a way that everyone could use a social media. Young adults have consistently been the heaviest users of social media by a substantial margin. Young adults are in need of developing close relationships and those who feel lonely use the social network mostly for communication purposes but in contrary spending too much time on the Internet leads them to loneliness. They believe that they have problems regarding making friends, introducing themselves, joining groups and enjoying parties, so they have a high tendency for Internet usage and at the same time, experience loneliness. In addition, social media use increases FOMO (fear of missing out), leaving young adults feeling even more isolated. Today, traditional communication is neglected while benefits of the social networking sites having raced. Now it is clear why depending of social networking sites too much might increase loneliness among young adults. And can take measures on this problem. Actually use of social media is not a negative issue but when it comes into addiction the issue become problematic, there comes the relevance of this study.

AIM

- To find out the relationship between loneliness and social media addiction in young adulthood.

OBJECTIVES

- To assess the impact of loneliness on social media addiction among young adulthood
- To understand the gender difference in loneliness
- To understand the gender difference in social media addiction

HYPOTHESES

- There is no significant relationship between loneliness and social media addiction among young adulthood.
- There is no significant gender difference in loneliness.
- There is no significant gender difference in social media addiction.

KEY TERMS

Loneliness: Loneliness is an affective and cognitive discomfort or uneasiness from being or perceiving oneself to be alone or otherwise solitary. The experience of loneliness is highly

subjective; an individual can be alone without feeling lonely and can feel lonely even when with other people.

Social Media Addiction: Social media addiction is a behavioral addiction that is characterized as being overly concerned about social media, driven by an uncontrollable urge to log on to or use social media, and devoting so much time and effort to social media that it impairs other important life areas.

Young Adult: A young adult is generally a person ranging in age from their late teens or early twenties to their thirties, although definitions and opinions, such as Erik Erikson's stages of human development, vary. The young adult stage in human development precedes middle adulthood.

CHAPTER-2

REVIEW OF LITERATURE

A fundamental part of the study is to gain proper knowledge of the area in which the research have to be conducted. Review of literature help to become aware of the significance of the problem which is selected for the study. Also, we become familiar with the area studied. Later it promotes the greater understanding of problem. A review of the literature for the present study is given below.

Rachubińska, Cybulska, K. A. M. (2021) studied about the relationship between loneliness, depression, Internet and social media addiction among young Polish women. The survey based study involved a group of 556 women representing the female population in Poland. Research instruments were a self developed questionnaire concerning socio demographic data, the De Jong Gierveld Loneliness Scale, the Beck Depression Inventory, the Internet Addiction Test and the Bergen Facebook Addiction Scale. The result shows that the age, depressive symptoms, loneliness were the variable contributing to Internet and Facebook addiction among the studied. Baltacı, N. (2019) conducted a study on the predictive relationships between social media addiction and social anxiety, Loneliness and happiness. Research was designed as a correlational survey method. The study group consisted a total of 312 University students attending State University in Turkey during 2017- 2018 Academic year. Data collected using personal information form, a social media addiction scale, a social anxiety scale, the short form of Oxford happiness questionnaire and short form of UCLA Loneliness Questionnaire. Finding showed that there was

a positive relationship between students social media addiction levels and their social anxiety and loneliness levels. On the other hand, relationship between student's social media addiction levels and their happiness levels.

Erol, O., & Cirak, N. S. (2019) conducted a study to examine the loneliness and Internet addiction levels of college students in terms of demographic variables and to determine the variables that predict their Internet addiction level. Data were collected from 489 college students studying at a public University in Turkey the UCLA loneliness scale version 3 and Internet addiction test (IAT) were used as data collection tools.

The results show that younger participants felt significantly more loneliness than other participants; Similarly students in lower classes felt more alone than those in upper classes. In terms of addiction, it is seen that the frequent use of computers, smart phones and social media increased Internet addiction level of students.

The study conducted by Yayan, E. H., Suna Dağ, Y., & Düken, M. E. (2018) investigated the effects of technology used on working young loneliness and social relationships. The relational descriptive study was conducted with 1312 young using a young information form, the Internet addiction scale, the peer relationship scale and the smartphone addiction scale. It was determined that young, who are exposed to violence, smoke and work as unskilled Labour force have a high dependence on the Internet and smartphones. Young with the Internet and smartphone addiction were found to have high levels of loneliness and poor social relations.

Yıldız Durak, H. (2018) conducted a study on the topic 'Adolescents' social media usage, locus of control and loneliness as a predictor of nomophobia.' The study group of this research, which uses relational survey model, consisted of 786 students studying in the 7th and 8th grades of a middle school in the fall semester of 2016. Personal information form, nomophobia scale, Social media disorder scale, UCLA Loneliness scale, And locus of control scale were the tools used. The variable of social media addiction most positively correlates with adolescents' nomophobic behaviour levels. Significant relationship between nomophobia and loneliness was found whereas no significant relationship was found between nomophobia and locus of control.

Savci, M., & Aysan, F. (2016) conducted the relationship between social media usage and loneliness. The study was conducted on 307 University students. Data collection instruments of the study were Barratt Impulsivity Scale Short Scale Form (ULS-8). According to the analysis, it was observed that impulsivity directly, positively and significantly predicts social media usage, that social media usage directly, positively and significantly predicts loneliness, and that impulsivity indirectly positively and significantly predict loneliness.

Demir, Y. (2016) conducted a study on the topic 'The relationship between loneliness and depression: mediation role of internet addiction. 452 University student's ranging in age from 17 to 31 and who are receiving education in difficult faculties at Firat University in Turkey participated in the study. UCLA Loneliness Scale, Young Internet Addiction Test Short Form, and indication Scanning List was applied to the participants. The findings of the study demonstrate a partial mediation role of Internet addiction in the relation between loneliness and depression.

Hunt, M. G., Marx, R., Lipson, C., & Young, J. (2018) studied about the relationship between social media use and wellbeing. After a week of baseline monitoring, 143 undergraduates at University of Pennsylvania were randomly assigned to either limit Facebook, Instagram and Snapchat use to 10 minutes per platform, per day, or to use social media as usual for 3 weeks. The limited use group sure significant reduction in loneliness and depression over 3 weeks compared to the control group. Their findings strongly suggest that limiting social media use to approximately 30 minutes per day may lead to significant improvement in wellbeing.

Bilgin, O., & Taş, B. (2018) studied the effects of perceived social support and psychological resilience on social media addiction among University students. The research group was composed of 503 University students whose age varied between 17 and 31 years old. The personal information form, perceived social support scale, psychological resilience scale and social media addiction scale was used as data collection instruments. Negative relationship was observed between perceived social support and social media addiction and between psychological resilience and social media addiction.

Savci, M., & Aysan, F. (2017) conducted a study examining the prediction effects of four technological addictions, Including Internet addiction, social media addiction, digital game addition and smartphone addition on social connectedness. The study was conducted on 201 adolescents who have been using Internet, playing digital games and using social media for at least one year and have at least one social media account and a smartphone. The Young's Internet addiction test short form, social media disorder scale, digital game addiction scale, smartphone addiction scale short version, Social connectedness scale and personal information form were used as data collection tools. The analysis showed that Internet addiction and smartphone addiction significantly predicted 25 percentage of social connectedness.

CHAPTER-3

METHOD

Scientific method is a standardized way of making observations, gathering data, forming theories, testing predictions, and interpreting results. This chapter describes the research design, the sample and the sampling procedure employed, the tools used for data collection, the procedure adopted for data collection, and the statistical methods employed for analysis of the collected data.

SAMPLE

A sample for the current study was selected from 90 young adults. The data was collected by the random sampling method. Out of the total sample (N=90), 45 males and 45 females who belongs to the age category of 19-33 years were taken as samples. They were either college students or were job seeking or working adults from Thrissur district. Questionaires such as Social Media Addiction Scale and UCLA Loneliness Scale (Version 3) were administered to the samples for the data collection.

INCLUSION CRITERIA:

- Both males and females were included

- People belongs to the age 19-33 years were included

EXCLUSION CRITERIA:

- People below the age of 19 and above 33 were excluded.

TOOLS

1. UCLA Loneliness Scale (Version 3)
2. Social Media Addiction Scale - Student Form

UCLA LONELINESS SCALE (VERSION 3)

A 20-item scale designed by psychologist Daniel Russell (1996) to measure one's subjective feelings of loneliness as well as feelings of social isolation. It is a 4-point Likert-like scale consisting of 20 items. The measure has been revised two times since its first publication; once to create reverse scored items, and once to simplify the wording.

RELIABILITY AND VALIDITY

The scale is highly reliable, both in terms of internal consistency (coefficient a ranging from .89 to .94) and test-retest reliability over a 1-year period (r = .73).

SCORING

Participants rate each item as either A ("I always feel this way"),
S ("I sometimes feel this way"), R ("I rarely feel this way"), N ("I never feel this way"). The items with an asterisk are reverse scored. Keep scoring on a continuous basis. A high score indicates high level of loneliness.

SOCIAL MEDIA ADDICTION SCALE-STUDENT FORM

The Social Media Addiction Scale was developed by C. Sahin in 2018. It is a 5 point Likert-type scale consisting of 29 items grouped under four factors: virtual tolerance, virtual communication, virtual problem and virtual information.

RELIABILITY AND VALIDITY

Test-retest reliability coefficient was found to be 0.94. The statistical analysis indicate that scale is valid and reliable enough to be used in determining the social media addiction of students from different age groups.

SCORING

All items in this scale are positive. Highest point that can be scored from the scale is 145 and the least one is 29. The higher scores indicate that the participant perceives himself or herself as a social media addict.

PROCEDURE

After choosing the questions, both the questionnaires were provided to the young adults belonging to 19-33 years using google forms. The questionaires were administered individually through google form to the participants who were willing to fill the form and share their information. Set of instructions were given by ensuring them that their information is confidential.

STATISTICAL ANALYSIS

Statistical analysis of data was performed. The techniques used to test the hypotheses of the study are t-test and correlation analysis

Correlation analysis:

Of all the measures of correlation, the Pearson 'r', named after Prof. Karl Pearson, is one of the most common methods of assessing the associations between two variables under study.
Correlation is a measure of the relationship between two variables. The correlation coefficient gives a mathematical value for measuring the strength of the linear relationship between two variables. It can take values from 0 to 1. The larger the value of the coefficient, the stronger is the linear relationship between variables. An absolute value 1 indicates a perfect linear relationship and a value of 0 indicates the absence of a linear relationship. The sign of the correlation indicates the direction of relationship. If both variables tend to increase or decrease together, the coefficient is positive. If one variable tends to increase as the other decreases, the coefficient is negative.

T-test:

The ratio of the deviation of the scores from the mean or other parameters in a distribution of sample statistics, to the standard error of that distribution is designed as 't' (Guilford,1956). Usually a t-test is used for the comparison of the differences between the means of two groups. It is suitable for testing whether the mean of two sets of scores are significantly different or not. The t-test is based on t-distribution and is considered as an appropriate test for finding the significance of difference between the means of two samples in case of small sample when population variance

is not known. If the value exceeds a cut-off point depending on degrees of freedom, the difference in mean is considered significant, when the t-value is below the cut-off point, the difference is said to be not significant.

CHAPTER-4

RESULT AND DISCUSSION

The aim of the study was to understand the relationship between loneliness and social media addiction among young adults. UCLA Loneliness Scale and Social Media Addiction Scale-Student Form are the measures used in this study. This study contains 45 samples of males and 45 samples of females among young adults. The data is collected and analysed using SPSS. Pearson's correlation was used to determine the relationship between loneliness and social media addiction. Independent sample t-test is used to understand the difference between loneliness and social media addiction among young adults.

Hypothesis 1 states that there will be no significant relationship between loneliness and social media addiction among young adulthood. The results in the Table 1 indicates that there is no significant relationship between loneliness and social media addiction. So, the hypothesis is accepted.

Table 1: Pearson correlation and level of significance between loneliness and social media addiction.

VARIABLES		LONELINESS	SOCIAL MEDIA ADDICTION SCALESTUDENTS FORM
LONELINESS	PEARSON CORRELATION	1	0.057
	SIGNIFICANCE		0.595
	N	90	90
SOCIAL MEDIA ADDICTION	PEARSON CORRELATION	0.057	1
SCALE-STUDENTS FORM	SIGNIFICANCE	0.595	90
	N	90	

The result in the table 1 shows that there is no significant relationship between loneliness and social media addiction. (Pearson correlation coefficient = 0.057, N =90)

The loneliness cannot predict the social media addiction among young adults. The lonely person may or may not use social media excessively. And the person who is addicted to social media may not necessarily be lonely. Thus, loneliness and social media addiction are not related among young adults. The study conducted by Yayan, E. H., Suna Dağ, Y., & Düken, M. E. (2018) showed that the young adults with the Internet and smart phone addiction were found to have high levels of loneliness and poor social relations. For people that do not excessively use social media, correlation is found to be not statistically significant, which highlights the absence of any sort of linear relationship between addiction and loneliness.

Hypothesis 2 states that there is no gender difference in loneliness. The Table 2 indicates that there is no significant difference. Therefore, the null hypothesis is accepted.

Table 2: Mean, Standard Deviation, level of significance and t-value obtained by young adults in loneliness.

LONELINESS	GENDER	N	MEAN	STANDARD DEVIATION	T	SIGNIFICANCE
	MALES	4 5	44.8	11.913	1.2 85	0.202

	FEMALES	4 5	47.8	10.170	1.2 85	0.202

The result in the Table 2 shows that there is no significant gender difference in loneliness (t=0.202) mean and standard deviation in loneliness for males (mean=44.8, standard deviation=11.913) and for females (mean=47.8, standard deviation=10.170).

The result shows that both males and females show almost same level of loneliness. Young adulthood is a period when the individual are in need of developing close relationship. Lonely young adults believe that they have problems regarding making friends, introducing themselves, joining groups and enjoying parties. As both males and females go through this period of need, they may show similar level of loneliness. Loneliness is a universal common experience and has been described as a negative feeling that appears when there is a discrepancy between what one wants in terms of interpersonal affection and intimacy and one, in fact, has. Thus, during the period of young adulthood, loneliness is a characteristic that is being incorporated into the young adults as they develop and thus, there may be no gender difference.

Hypothesis 3 states that there is no significant gender difference in social media use. Table 3 indicates that there is no significant gender difference in social media use. Therefore, the null hypothesis is accepted.

Table 3: Mean, standard deviation, level of significance and t-value obtained by young adults in social media addiction.

SOCIAL MEDIA ADDICT ION	CATEGORY	N	MEAN	STANDARD DEVIATION	T	SIGNIFICANCE

MALES	4 5	91.333	24.629	0.829	0.409
FEMALES	4 5	95.022	16.878	0.829	0.410

The result in the table 3 shows that there is no significant gender difference in social media addiction (t=0.-0.829) mean and standard deviation in social media addiction for males (mean=91.333, standard deviation=24.629) and for females   (mean=95.022,   standard deviation=16.878).

Thus, the result indicates that both males and females have the same level of social media addiction. Frequent social media usage does not necessarily indicate social media addiction and therefore does not always have negative implications for loneliness levels of individuals. Social media addiction is associated with unfavourable consequences when social media use becomes uncontrollable and compulsive. The study conducted by Pilar Aparicio-Martinez and his colleagues (2020) about gender differences in the addiction to social networks in the Southern Spanish university students showed that addiction to social networks might be influenced by gender, showing more importance to socio-psychological factors in females and a combination of biological factors in the males.

CHAPTER-5

SUMMARY AND CONCLUSION

There are so many studies done in the area of young adulthood. The present study was conducted to find out the influence of loneliness and social media addiction among young adulthood. This study contains 45 samples of male and 45 samples of female, whom are aged 19 & above. The samples of young adults were collected randomly. The UCLA Loneliness Scale and Social Media Addiction Scale are the measures used in this study. The collected data are analysed using appropriate statistical technique such as T-test and Pearson correlation coefficient.

TENABILITY OF THE HYPOTHESES

HYPOTHESES	TENABILITY
There is no significant difference between loneliness and social media addiction among adulthood	Accepted
There is no significant gender difference in loneliness	Accepted
There is no significant gender difference in social media addiction	Accepted

IMPLICATIONS OF THE STUDY

The study was conducted on young adult's loneliness and social media addiction. There is a slight positive relationship between loneliness and Internet addiction. This shows that the more young adults are Internet addicted the more they will be lonely. This may be as a result of the fact that time that could be devoted to face-to-face relationships with peers and significant others are sacrificed online. Internet addiction has to do with compulsive tendencies that redirect attention and concentration of the addict to online activities to the detriment of interpersonal relationships. Limiting the time spending on Internet and building connections with real face-to-face interactions is the best way to keep technology from becoming a terror.

LIMITATIONS OF THE STUDY

- Major limitation of this study was that the samples were taken through online due to the pandemic situation of COVID 19.

- The accuracy of the answers given by the samples might be compromised due to questionaires given through the google form.

- Comparatively small sample size.

- Lack of interest to fill the google form.

SCOPE FOR FURTHER RESEARCH

The variables included in the present study were limited. Hence further studies may be conducting incorporating new variables like depression, well-being, self-esteem, social anxiety, locus of control, psychological resilience, etc. And this study can be done by considering other stages of life.

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APPENDICES

UCLA Loneliness Scale (Version 3)

INSTRUCTIONS: Using a 4-point rating scale (1= never;

4= always), participants answer 20 questions, such as "How often do you feel left out?" and "How often do you feel part of a group of friends?"

1 = never; 2 = rarely; 3 = sometimes; 4 = always.

1. How often do you feel that you are "in tune" with the people around you?
2. How often do you feel that you lack companionship?
3. How often do you feel that there is no one you can turn to?
4. How often do you feel alone?
5. How often do you feel part of a group of friends?
6. How often do you feel that you have a lot in common with the people around you?
7. How often do you feel that you are no longer close to anyone?
8. How often do you feel that your interests and ideas are not shared by those around you?
9. How often do you feel outgoing and friendly?
10. How often do you feel close to people?
11. How often do you feel left out?
12. How often do you feel that your relationships with others are not meaningful?
13. How often do you feel that no one really knows you well?
14. How often do you feel isolated from others?
15. How often do you feel that you can find companionship when you want it?
16. How often do you feel that there are people who really understand you?
17. How often do you feel shy?
18. How often do you feel that people are around you but not with you?
19. How often do you feel that there are people you can talk to?
20. How often do you feel that there are people you can turn to?

Social Media Addiction Scale Student Form

(SMAS-SF)

Social Media Addiction Scale Student Form (SMAS-SF)

EXPLANATION: Different states related to social media use on the internet are given below. You are asked to read each expression carefully and put (X) for the expression you deem the most correct for you. Do not skip any item and mark each state please.	▢ Strongly disagree ▢ Disagree ▢ Neither agree nor disagree ▢ Agree ▢ Strongly agree				
1	I am eager to go on social media.	▢	▢	▢	▢	▢
2	I look for internet connectivity everywhere so as to go on social media.	▢	▢	▢	▢	▢
3	Going on social media is the first thing I do when I wake up in the morning.	▢	▢	▢	▢	▢
4	I see social media as an escape from the real world.	▢	▢	▢	▢	▢
5	A life without social media becomes meaningless for me.	▢	▢	▢	▢	▢
6	I prefer to use social media even there are somebody around me.	▢	▢	▢	▢	▢
7	I prefer the friendships on social media to the friendships in the real life.	▢	▢	▢	▢	▢
8	I express myself better to the people with whom I get in contact on social media.	▢	▢	▢	▢	▢
9	I am as I want to seem on social media.	▢	▢	▢	▢	▢
10	I usually prefer to communicate with people via social media.	▢	▢	▢	▢	▢
11	Even my family frown upon, I cannot give up using social media.	▢	▢	▢	▢	▢
12	I want to spend time on social media when I am alone.	▢	▢	▢	▢	▢
13	I prefer virtual communication on social media to going out.	▢	▢	▢	▢	▢
14	Social media activities lay hold on my everyday life.	▢	▢	▢	▢	▢
15	I pass over my homework because I spend much time on social media.	▢	▢	▢	▢	▢
16	I feel bad if I am obliged to decrease the time I spend on social media.	▢	▢	▢	▢	▢
17	I feel unhappy when I am not on social media.	▢	▢	▢	▢	▢
18	Being on social media excites me.	▢	▢	▢	▢	▢
19	I use social media so frequently that I fall afoul of my family.	▢	▢	▢	▢	▢
20	The mysterious world of social media always captivates me.	▢	▢	▢	▢	▢
21	I do not even notice that I am hungry and thirsty when I am on social	▢	▢	▢	▢	▢

	media.					
22	I notice that my productivity has diminished due to social media.	☐	☐	☐	☐	☐
23	I have physical problems because of social media use.	☐	☐	☐	☐	☐
24	I use social media even when walking on the road in order to be instantly informed about developments.	☐	☐	☐	☐	☐
25	I like using social media to keep informed about what happens.	☐	☐	☐	☐	☐
26	I surf on social media to keep informed about what social media groups share.	☐	☐	☐	☐	☐
27	I spend more time on social media to see some special announcements (e.g. birthdays).	☐	☐	☐	☐	☐
28	Keeping informed about the things related to my courses (e.g. homework, activities) makes me always stay on social media.	☐	☐	☐	☐	☐
29	I am always active on social media to be instantly informed about what my kith and kin share.	☐	☐	☐	☐	☐