

Emergence of Technology in Indian Society and Social Wellbeing of Adolescent



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Abstract: The study concentrates on introduction of technology for social use and its impact on social wellbeing of adolescent. 378 adolescent from 13 different CBSE schools in India has been targeted for the analysis. 180 male teenagers and 198 female teenagers of three 'class standard' viz. 5th, 8th & 10th are targeted. The age of the teenagers range from 10 yrs to 18 yrs. Independent T-test & Pearson Correlation analysis is done through SPSS 20. Impact of technology on social wellbeing of adolescent is analyzed using T-test and association of level of 'technological gadgets used' and 'social wellbeing of teenagers' is evaluated using 'Pearson Correlation'. The study found female teenagers are fonder of technological gadgets ($M=3.9343$, $SD=0.3455$) & available on social platform for long time than male teenagers ($M=3.8068$, $SD=0.4152$). Strong inverse relationship is identified between 'level of technology used and social wellbeing' of teenagers. With a positive increase in usage of gadgets there would be considerable decrease in social involvement of adolescent (Correlation Value = -1: .903). Excessive use of gadgets, social media, virtual social connection through social connecting sites leading to low social wellbeing & exchanges of adolescent in India.

Key Words: Social Media, Social Wellbeing, Social Involvement, Adolescent, Teenagers, Technology.

1. INTRODUCTION

'Wellbeing' has been described in many ways by specialists across the world, it is about 'individuals'. Wellbeing is defined as 'happening within someone', the inside feeling or thoughts that come across in an individual's mind with respect to anything. Sociologists relate this with 'social' interaction, which combined social participation of an individual's. (Carruther & Hood, 2004). The dimensions of social participation have figured out as 'social contribution, social coherence, social acceptance, social integration etc.' (Keys, et al., 2015). High social wellbeing is triggered with social support an individual gets from family & friends. This is an effective determinant of 'social wellbeing' (Brannan & Colleagues, 2013).

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Thus, social wellbeing has no doubt of gaining social important through social interaction and has significant influence on social expectations of an individual's (Helliwell, et al., 2017).

Social wellbeing is not only about getting emotional & social support from members of the society but it's about offering participation (giving support to other when required) to the society's member and show social inclination (Aknin & Dunn, 2013).

Social wellbeing has strong connection with social participation and its complimentary effects. People are found to be happier and satisfied who carries strong social connection (Holt, et al., 2015). Wellbeing is a subjective phrase that has been described in context of society as a 'state of being social'. Social wellbeing remove social isolation and fight against loneliness (Clark, et al., 2018). According to Nowland et al. (2017) technology being used in society is putting hazardous impact on social wellbeing of people. Over usage of technology in daily life leading to 'social withdrawal' of people and promoting loneliness.

1.1 Adolescent's Social Wellbeing

Social wellbeing of adolescent has achieved a great significance for study in post technological era, especially in developing countries where technology has reached very late. Adolescent's social wellbeing is defined as 'feelings and thoughts that an individual has for himself and others', it also deals with his/hers social participation and involvement (Hamilton & Redmond, 2010). It has correlated with mental wellbeing by authors and suggested special emphasis must put on mental wellbeing of adolescent to analyze social wellbeing & behavior (Denham, 2006). Recently, the psychologists have identified conditional change in social wellbeing of teenagers who are exponentially exposed to latest technology and gadgets. It is taken as multifaceted idea in which individual's capacity of social involvement including family and peer group is studied. Study of Social wellbeing of adolescent gives idea about social interaction, feelings and exchanges an adolescent does (NICE, 2013).

Social wellbeing of adolescent is important to study because it helps in formative development of teenagers. Positive social wellbeing ensures progressive behavior towards health prevention, social promotion and social exchanges. It develops greater understanding power and confidence to deal social issues. Social and emotional wellbeing have been studied together by many researchers, childhood wellbeing differs in many ways due to various external factors.

Social wellbeing influence behavior formation which is very essential for rational and comprehensive thinking. Adolescents' social behavior is being changing due to technology interference in daily life (Kumari, et al., 2016).

1.2 Technology and Social Wellbeing

Technology has played crucial role in social behavior formation of teenagers in India, social wellbeing appears to be highly volatile in nature, it gets affect from variety of factors including income, living standard, social class etc. it offers happiness and life satisfaction (Veenhoven, 2005). Introduction to high-tech gadgets has reduced the importance of social interaction, teenagers are now more comfortable in spending time with gadgets rather with people. The role of TV, mobile, internet etc. is very prominent in shaping social behavior of adolescent. Digitalization of things has brought new avenues of spending time on internet or online.

Teenagers are very fond of digital technology which gives them freedom to do anything they want to do (Bell, et al., 2015).

There is an attitudinal change in adolescent due to over involvement of technology in their life. They are being preferred to be alone and isolated from real world. Their social interaction is found to be very rare.

2 LITERATURE REVIEW

The consequences of technological interference into personal life of humans have been studied by millions of researchers and academicians. Today, teenagers represents considerable portion of online users in India. They are the most prolific users of various social sites and internet. Boyd (2015) encountered a severe consequence of technological interference in teens' social life. Due to over spending time on social websites teenagers getting various psychological imbalances in their life. They are found to be less social, depressed, indulge into unreal things and emotionally weak. Such technological advancement causing various socio-economic development problem among teenagers (Ahn, 2011). Smart phones, computers, tablets and other electronic gadgets connected with internet have significant impact on social-economic involvement and development of teenager in real world. This has become a severe concern for parents and researchers, rapid growth in usage have made teenagers arrogant, choosy, aggressive and separated from the social life (Duggan et al., 2012).

The level of teenagers' involvement into various social websites reveals the social involvement and its impact on social and emotional wellbeing (Clarke & Keeffe, 2011). Increasing involvement causing loss of emotional wellbeing and leading to unwanted emotional connections with unrealistic things. The social wellbeing outcome of teenagers are decreasing significantly in modern society which may be a serious threat to social values and beliefs (Mitchell et al. 2015). Teenagers come across various negative experiences on virtual world and victimize themselves with ill-being. The results appeared in the form mental absenteeism, efficiency loss, depression and lack of attention on essential things (Clifton et al., 2013). This has to be taken with serious note to protect our future from ill effect of technology in the society.

Digitalization has its own limitation on social as well as interpersonal grounds. It not only affects adults & youths but also influencing 'teenagers' in the society. Social &

human concern (empathy) and social connectedness are only available in virtual world. The cognitive behavior of adolescent is significantly affecting from extensive use technology (Aguilera & Muench, 2012). Another study that predicted impending effect of technology (including digital media) on social wellbeing of youths revealed that it would have sizeable impact on people's social connectivity (in person), narcissism behavior, social involvement etc. (Lenhart, Smith & Anderson, 2015). The consequences of social networking sites which provide virtual social connectivity to users has created an aura which reducing physical connectivity between people. This would have severe long term effect on various dimensions in the society (Valkenburg, Peter & Schouten, 2006).

Studies have also conducted on other dimensions of technology impact on teenagers. The main focused area were- academic development, technological stress, health effect of technology, common sense of children, interpersonal growth etc. Weinstein, (2016) analyzed the level of digital stress on adolescents' personal accounts. The study found that, prominent sources of information (conventional sources) to adolescents are blocked by technology and inferences derived from digital information are not confirmed to be true. This has created a separate world with no elders' suggestions or opinion and creating negative effect on adolescents' attitude, mental health and social wellbeing (Rosen, Lim & Felt, 2014).

Adolescents' social behavior is losing its integrity on account of virtual reality and technological interruption in human society. Hashemi et al. (2008) cited in their study that, growing importance of social media relationship among teenagers has left real relationship untouched.

3 METHOD

3.1 Participants

The total participants for the study were 378 (teenagers) from 13 different CBSE schools of India. The age of the teenagers were 10 yrs to 18 yrs, respondents were selected randomly on convenient basis. The total data were further divided on gender basis and 180 male & 198 female were classified.

Table 3.1: Classification of Data

Male(180)	5 th Standard	8 th Standard	10 th Standard
10-12	60	-	-
14-16	-	60	-
16-18			60
Female(198)			
10-12	66	-	-
14-16	-	66	-
16-18	-	-	66

3.2 Procedure

The data collection was done using 'stratified random sampling method'. Three categories were formed on the basis of 'class' students are studying. CBSE schools were selected and three 'standards' were chosen for the study viz.



class 5th, 8th, & 10th standard. From each group considerable samples were drawn on random basis. Data were collected in schools as well as at home of the teenagers. Largely, the data collection done under the supervision of teachers, parents or guardians.

3.3 Measures

Adolescents' level of technology usage and social wellbeing were measured using standard scale of 'social wellbeing' by Michael E Bernard. Author used this scale for measuring social & emotional wellbeing of students studying in schools. The scale comprises five important parameters of social wellbeing like- social integration, social acceptance, social actualization, social coherence & social contribution.

3.4 Hypotheses

H01: Male and female students doesn't differ in their level of technology usage.

H02: There is no significant association between 'Level of technology usage & social wellbeing' of adolescent.

4 ANALYSIS

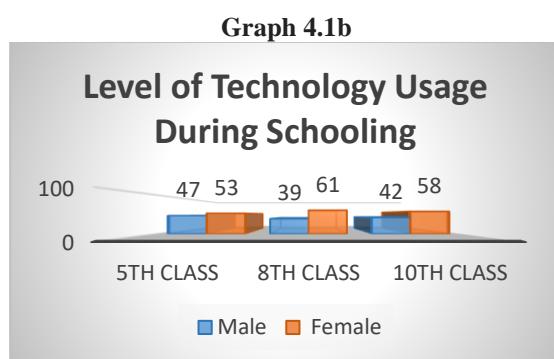
4.1 First research hypothesis is based on gender impact on usage of technology by teenagers in the society. The analysis examine whether 'male & female' adolescent significantly differs their technology usage? The hypothesis is tested with the help of T-test using SPSS. The result of the analysis is summarizes as below:

Table 4.1a
Independent Samples Test

	Levene's Test for Equality of Variances	t-test for Equality of Means									
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
									Lower	Upper	
Tech Use variances assumed	10.490	.01	.056	-3.2376	.001	.12751	.03917	.20453	-.05051		
Equa l varian ces not assu med				-3.228	.001	.12752	.03951	.20522	-.04982		

Null hypothesis H01 found rejected at 5% level of significance, the sig. value for the test is found $p=0.001 < 0.05$. The result clearly reveals that gender has significant role in use of technology among teenagers. Male and female adolescent significantly differs in their level of use of technological gadgets. Female teenagers ($M= 3.9343$, $SD= 0.3455$) are more techno-savvy than male teenagers ($M= 3.8068$, $SD= 0.4152$).

The result also verified with percentage analysis of the responses on level of technology use by adolescents while studying in three different standards. This also shows how growing class standards increases the technology use by adolescent. The class standards are included viz. 5th standard, 8th standard & 10th standard.



Source: Self Prepared Graph from Primary Data Collected
 Above graph 4.1b represents the data analytics on use of technological gadgets during different class standards by male and female adolescent. It is observed that, in all three categories female adolescents have maximum usage of technological gadgets than male teenagers. This result acknowledge the T-test result which clearly states that female teenagers have higher mean than male teenagers (refer H01 explanation).

4.2 Second null hypothesis H02 designed to study association between 'technology use & social wellbeing' of teenagers. This has examined with the help of 'correlation-regression' analysis using SPSS. The result of the analysis is summarizes as below:

Table 4.2a
Correlations

	Social Wellbeing	Use of Technology	
Pearson Correlation	Social Wellbeing	-.1.000	.903
	Use of Technology	.903	-.1.000
Sig. (1-tailed)	Social Wellbeing	.	.000
	Use of Technology	.000	.
N	Social Wellbeing	378	378
	Use of Technology	378	378

Pearson correlation analysis reveal the inverse association between the studied variables. Level of technology use and social wellbeing of adolescent have strong reverse association as the tabulated values are found as -1:903. Sig. (1-tailed) value represent $P= 0.00 < 0.05$ (standard value), hence the hypothesis found rejected and shows that both the variables are highly correlated to each other, which means as the level of use of technology increases social wellbeing of adolescent decreases. Use of technological gadgets getting teenagers isolated from real world.

4.3 Impact of social wellbeing is measured with the help of 5 factors extracted from ‘standard scale on measuring social wellbeing’. These are social integration, social acceptance, social actualization, social coherence & social contribution. The level of change on social wellbeing is evaluated on these parameters using descriptive analysis.

Table 4.3a

Descriptive Statistics on Social Wellbeing of Adolescent

Parameters	Mean	SD	Cronbach's Alpha
Social Integration	2.6234	.62	.66
Social Acceptance	2.8914	.71	.79
Social Actualization	2.7681	.66	.87
Social Coherence	3.0022	.81	.75
Social Contribution	2.9478	.58	.71

Source: Self Prepared

Above table 4.3a explain the descriptive statistics of social wellbeing parameters. The result depict that all social wellbeing parameters are scored less than 3 excepting ‘social coherence’ (3.0022). The responses were collected on five point Likert’s scale. Mean value of each parameters represents the social involvement of adolescent during different age group (class standard). Their social participation is getting affected from over usage of technological gadgets. Their social wellbeing is very poor and resulting into deep isolation.

5 FINDINGS

Adolescent gender has significant impact on their use of technology. Male and female teenagers differ in the use of technological gadgets during their schooling. The portion of female adolescent is higher than male adolescents, it may be due to social involvement and outdoor game participation. Male teenagers are fonder of playground games than female teenagers during their schooling. At this stage boy teenagers are more involved in outdoor games than girl teenagers. Girls prefer to spend time with technological gadgets when boys play outdoor games. This may be one of the reasons of such difference. Hence, level of technological usage significantly differ in both the cases. In all three classes (with different age bar) female adolescent are more technosavvy than male ones. Absolute invers association is found between ‘use of technology and social involvement’ of teenagers. Children of class 5th, 8th & 10th standards having incremental usage of technology in their life and getting segregated from social participation. There is a significant negative association between both the variables. Hence, it can be said that as use of technology increases the social

involvement or social wellbeing become lesser. All the social wellbeing parameters are ranked very less by adolescent. The mean value of all five parameters were less than 3 score which shows that the level of social wellbeing of teenagers is very poor in these age categories.

6 CONCLUSION

Technological occurrence in society primarily responsible for deteriorating social involvement of people of all ages. It has become a prominent sources of social detachment for people. Extensive use of technology and technology oriented peripherals causing poor social wellbeing of new generation. People unknowingly sacrificing their social importance, social willingness, social participation and social inclination out of substantial use of technological use. There is an adverse impact of technology was identified on social norms & losing social capital. Even children couldn’t be safe from its ill effect. Researches have proven that with the change in technology there would be change in social interaction and behavior of social groups. Technology has introduced a new virtual society and which significantly affecting the real norms of the real society. Gradually, use of technology is increasing in life style of every human being including adolescent and hampering social growth and wellbeing of people. It has very serious effect on conventional social norms of the society and affecting its values. Ultimately, people coming closer to gadgets and getting away from real world. Hence, the use technology in life should be identified wisely and considerable increase the social involvement. Adolescents must teach about pros and cons of technology and make them ready for handling it smartly.

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