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E mail – researchjournalofindia@gmail.com Alternate mail id – marathipradhyapak@gmail.com

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Use of Social Media, Internet and Challenges before Indian Youth

Dr. Shantaram Chavan

Associate Professor and Head

Department of Political Science

Arts, Science and Commerce College,

Chikhaldara, Dist. Amravati 444 807, Maharashtra, India

Email: spcascc@gmail.com Mobile No. +91-9420077265

Abstract

Today is the age of modernization and globalization. India has moved on the path towards modernization and globalization. Life is growing fast in modern times with technological advances and social media platforms. Youth are a major human resource for the development of a society. There are a complex production of the development of human lifestyles such as technology, and social media in contemporary life. In recent years India has a great transformation not only in economic standard but also in socio-culture factors. The traditional values, norms, and behaviors are being changed into most westernized values. Change in lifestyle of youth in this ever change world has its impact on our society. They had openly started approaching for a life style of modern man and woman as open challenge to our moral values, tradition, customs, and culture. Apart from some sensitive and social responsive youth, now a day the life style of today's many youth is confined only to internet, discos and pubs. Social Media and the internet can play a major role for opportunity and significant stress. These are depends only how the use modern technology and media by the youth. Despite the potential risks to a psychological state, trends in the last decade show that the use of technology and social media is increasing, therefore these issues don't seem to disappear as soon as possible, and there is no possibility of changing habits. Youth are the critical and active phase of life. Youth is a period of life with major physical, physiological, and behavioral changes. In youth stage due to many change there are also changing in social interactions and relationships. These changes are also accompanied by significant stress on youth and due to this there are many challenges to youth with their relationships with their friends, family, adults and society members. Youth being enthusiastic, vibrate, innovative, and dynamic in nature is the most important section of the population. Any country's potential for growth is determined by the size of its young population. Youths are capable of thinking about their future and also the future of the nation. From ancient period in Indian society youth have responsive role and they also did it. But various changes in lifestyle affect the every type of class and generation in our country; especially it affects the youth. In addition to affecting the psychological state of users, the unlimited misuse use of technology may also have negative effects on physical health. Misuse of technology could lead to unpleasant consequences.

Key Words

modernization and globalization, technology, media, youth, life style, challenges

Introduction

Today is the age of modernization and globalization. India has moved on the path towards modernization and globalization. Life is growing fast in modern times with technological advances and social media platforms. Youth are a major human resource for the development of a society. There are a complex production of the development of human lifestyles such as technology, and social media in contemporary life. In India every third person is youth. Youth is the way of opportunity that sets the stage for a healthy and productive adulthood. Youth are the critical and active phase of life. Youth is a period of life with major

physical, physiological, and behavioral changes. Communication outlets and connection sources are changing every part of our lives so fast that it can be difficult to adjust. In youth stage due to many change there are also changing in social interactions and relationships. A many of biological changes occur during teenage years including increase in height and weight, completion of skeletal growth accompanied by an increase in skeletal mass, physical attraction, sexual maturation and changes in body composition. These changes are also accompanied by significant stress on youth and due to this there are many challenges to youth with their relationships with their friends, family, adults and society members. Youth being enthusiastic, vibrate, innovative, and dynamic in nature is the most important section of the population. Any country's potential for growth is determined by the size of its young population. Youths are capable of thinking about their future and also the future of the nation. From ancient period in Indian society youth have responsive role and they also did it. But various changes in lifestyle affect the every type of class and generation in our country; especially it affects the youth. It is also an age of impulsivity accompanied by vulnerability, influenced by peer groups and media that result in changes in perception and practice, and characterized by decision making skills/abilities along with acquisition of new emotional, cognitive and social skills. More than 30 percent of youth have no sensitized as meaning and responsibilities of social life. So we must need to sensitize them by proper way of communication. Otherwise social disturbance can increase in future.

Use of Social Media and Internet

Social Media and the internet can play a major role for opportunity and significant stress. These are depends only how the use modern technology and media by the youth.

1) Opportunity

The prevalence of social media and internet use among India's youth presents an opportunity to expand their awareness about education pathways, employment opportunities, skill needs, and available skill development programs, etc. The perception of higher pay and job security is consequential in a majority of Indian youth preferring to work in the public sector. More information on the changing market and emerging job roles through internet can help them. Collaborations between various government agencies and ministries, the private sector, academic experts, training organizations, civil society and youth themselves will be critical for enhancing young India's potential.

2) Significant stress

At the same time, various factors are blocking their ambitions and preventing them from adapting effectively to the changing nature of work. As India undergoes rapid and concurrent economic, demographic, social and technological shifts, it must ensure that its growth is inclusive and is shared by all sections of the society. India will not be able to realize its true growth potential its youth is not able to participate adequately and productively in its economy. India's young population is its most valuable asset and most pressing challenge. It provides India with a unique demographic advantage. But this opportunity will be lost without in proportion investment in human capital development.

Indian Youth

In recent years India has a great transformation not only in economic standard but also in socio-culture factors. The traditional values, norms, and behaviors are being changed into most westernized values. Change in lifestyle of youth in this ever change world has its impact on our society. They had openly started approaching for a life style of modern man and woman as open challenge to our moral values, tradition, customs, and culture. Apart from some sensitive and social responsive youth, now a day the life style of today's many youth is confined only to internet, discos and pubs. They want to live a lavish life. they doesn't have any interest in the development of a nation and don't even know what's happening around the world. They are

becoming self centre. They do not realize where they are curative too. In the month of March of 2020 during the period of Corona (COVID Virus 2019) both sides of Indian youth's behavior in the society has been release. In this period, more than 30 percent of youth are not behave as a social responsive manner.

Impact of Various Factors on Indian Youth

1) Technology

Technology may have a huge impact on users' physical and mental health. Being too connected will cause psychological problems like the distraction, expectation of instant gratification, narcissism, and even depression. In addition to affecting the psychological state of users, the unlimited misuse use of technology may also have negative effects on physical health. Advanced technology facilitates the lifetime of individuals. Misuse of technology could lead to unpleasant consequences. For instance, using a Smartphone, computer, and other devices up to midnight could impact the pattern of sleep and it may cause sleep disturbance. Addiction to use mobile phones or the internet is expounded on depression symptoms. Due to this addiction the rates of technology and social media usage are increase very fast. In fact, for several teenagers and young adults, communicating via social media.

2) Media

Interactions and conversations on social media networks can have a significant impact on the well-being and satisfaction of the individual. Some report and studies have shown that spending more time on social media is related to the increased risk of loneliness, depression, and anxiety, which raises the question like, Are the miserable and unhappy people using social media

3) Popularity

The relationship contradiction finds that most people, on average, are less popular on social media than their friends, who can lead to being less happy, it has never been shown that the users of social media networks, in general, are less popular than their friends but they are less happy. Some study indicates that happiness is linked to popularity, as well as that the majority of people on social media networks are not as happy as their friends because of this relationship between friendship and popularity. Various study report has shown that social media users may face increased levels of social dissatisfaction and unhappiness as a result of comparing to popularity and happiness to that of their friends. The social media users who are happy in their lives can think that their friends are more popular and a happier than them - and the unhappy social media users are likely to have unhappy friends who still seem more popular and happier than they are in general.

4) Mental Health and Isolation

Psychological state and mental health may also be affected by the time spent on social media. The person at the age of 19 to 32 use social media networks, it is more likely to become socially isolated. It can be a great challenge to analyze such issues because psychological problems and social isolation are at epidemic levels among young adults. Modern life goes to divide us instead of bringing us together. While it seems that social networks offer opportunities to fill social voids, however, many researchers explained that it cannot be the solution for which people were hoping in the beginning.

5) Depression

The study report shows that spending over time on social media is related to depression among young adults. Compared to people who check their emails and social media accounts less often, constant checkers were 2.8 times more likely to develop depression, fatigue, and obesity. Social media have its importance and

People do not have to leave social media completely, but it must be just changing their behavior on social networking sites and sometimes taking a break can help lift their spirits. According to the study report Face book can cause negative emotions and feelings. However, actively connecting with close friends on the bright side, can actually increase the feeling of well-being, whether in real life or on Face book and other sites.

6) Electronic devices

A constant checker could be a person who checks emails, texts, and social media accounts constantly, almost obsessively. Being perpetually or endlessly connected during this approach has been linked with higher stress levels. Moreover, 18% of people have specified technology use as a prominent source of stress. The stress level among the constant checkers is quite high among those who are not often associated with technology and social media. For example, 43% of the constant checkers are concerned about the impact of social media on their physical and psychological state, compared with 26% of non-constant checkers. In addition, as a result of technology, a lot of constant checkers than non-constant checkers feel that they are separated from their families, even if they are in the same room, and over one-third of constant checkers say that they're unlikely to meet with friends and family members due to social media engagement.

7) Video gaming and violence

The analysis report shows that while four hours playing video games can trigger symptoms of depression in teenagers, the continuous use of social media and instant messaging can reduce these symptoms in some people. Whereas playing video games for four hours daily may be worrisome behavior, not everybody who does it is at risk of developing symptoms of depression, addiction or anxiety. If the teenagers are sitting around playing games with their friends or chatting frequently with their friends online, this might be part of a general development pattern or traditional biological process. Despite the potential risks to a psychological state, trends in the last decade show that the use of technology and social media is increasing, therefore these issues don't seem to disappear as soon as possible, and there is no possibility of changing habits.

Millions of people in the world have to face psychological distress and may fail to obtain or get help from mental health services. Considering this inequality among the need and accessibility of services, Smartphone applications might facilitate to supply cheap and fascinating treatment ways.

Conclusion

Youth are a major human resource for the development of a society. There are a complex production of the development of human lifestyles such as technology, and social media in contemporary life. In India every third person is youth. Youth is the way of opportunity that sets the stage for a healthy and productive adulthood. Youth are the critical and active phase of life. Youth is a period of life with major physical, physiological, and behavioral changes. In youth stage due to many change there are also changing in social interactions and relationships. These changes are also accompanied by significant stress on youth and due to this there are many challenges to youth with their relationships with their friends, family, adults and society members. Youth being enthusiastic, vibrate, innovative, and dynamic in nature is the most important section of the population. Any country's potential for growth is determined by the size of its young population. Youths are capable of thinking about their future and also the future of the nation. From ancient period in Indian society youth have responsive role and they also did it. But various changes in lifestyle affect the every type of class and generation in our country; especially it affects the youth. In addition to affecting the psychological state of users, the unlimited misuse use of technology may also have negative effects on physical health. Misuse of technology could lead to unpleasant consequences. For instance, using a Smartphone, computer,

and other devices up to midnight could impact the pattern of sleep and it may cause sleep disturbance. Addiction to use mobile phones or the internet is expounded on depression symptoms. Social Media and the internet can play a major role for opportunity and significant stress. These are depends only how the use modern technology and media by the youth. Technology may have a huge impact on users' physical and mental health. Interactions and conversations on social media networks can have a significant impact. Psychological state and mental health may also be affected by the time spent on social media. The study report shows that spending over time on social media is related to depression among young adults. Whereas playing video games for four hours daily may be worrisome behavior, not everybody who does it is at risk of developing symptoms of depression, addiction or anxiety, etc.

In earlier ten years India has a great transformation not only in economic standard but also in socio-culture factors. The traditional values, norms, and behaviors are being changed into most westernized values. Change in lifestyle of youth has continually its impact on our society. Indian Youth had openly started approaching for a life style of modern western youth as open challenge to our moral values, tradition, customs, and culture. Apart from some sensitive and social responsive Indian youth, now a day the life style of today's many youth is restricted only to internet, discos and pubs. They want to live a copious life. So we must need to sensitize them by proper way of communication. Otherwise social disturbance can increase in future.

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