

EFFECTS OF SOCIAL MEDIA ON SOCIAL HEALTH

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AIM: TO STUDY THE EFFECTS OF SOCIAL MEDIA ON SOCIAL HEALTH

INTRODUCTION

The Social Health is greatly affected by the advancement of the digital technology and social media especially instant messengers. Society being a group of people having interactions with each other needs to be bonded by a particular agent, Technology answers hunger of being so called "Social".

SOCIAL HEALTH:

Social health involves your ability to form satisfying interpersonal relationships with others. It also relates to your ability to adapt comfortably to different social situations and act appropriately in a variety of settings. Spouses, co-workers and acquaintances can all have healthy relationships with one another. Each of these relationships should include strong communication skills, empathy for others and a sense of accountability. In contrast, traits like being withdrawn, vindictive or selfish can have a negative impact on your social health. Overall, stress can be one of the most significant threats to a healthy relationship. Stress should be managed through proven techniques such as regular physical activity, deep breathing and positive self-talk.

OBJECTIVE: TO UNDERSTAND THE NEED, IMPORTANCE AND PROCESS OF DEVELOPING RELATIONSHIP.

- Ensure that the relationship you have with yourself is a positive one.
- Accept and celebrate the fact that we are all different
- Actively listen to hear what other people have to say.
- Give people time and "be present" when you are with them.
- Develop and work on your communication skills.
- Manage mobile technology and be aware of its pitfalls.
- Learn to give and take constructive feedback.
- Open your heart and find the courage to trust.
- Learn to be more understanding and empathetic.
- Treat people as you would like to be treated yourself.

CHALLENGES IN MAINTAINING RELATIONSHIP

- Addiction
- Surveillance
- Poor time management
- Lack of communication
- Privacy
- Creating unnecessary doubt
- Mental disturbance
- Aggression
- Conflict
- Crime rate

The above challenges can be overcome by developing human relationship and building communication skill .

HOW TO BUILD COMMUNICATION SKILLS

- Watch Your Body Language
- Get Rid of Unnecessary Conversation Fillers
- Have a Script for Small Talk and Other Occasions
- Tell a Story
- Ask Questions and Repeat the Other Person
- Put Away the Distractions
- Make sure you're understood
- Be Brief yet Specific
- Connect well
- Make good eye-contact
- Be a good listener
- Enter Confidence, Exit Shyness

ROLE OF SPORTS AND PHYSICAL EDUCATION IN SOCIAL HEALTH

- Physical activities should be made to suit the individual and his capacity for physical endurance.
- All teachers below the age of 40 should actively participate in the physical activities of the students. Full records of the activities of the students should be maintained.
- The training in Physical Education should be comprehensive.
- Teachers of Physical Education should be associated with the teaching of subjects like physiology, hygiene and given the same status to other teachers of similar qualification.

DISCUSSION

As we have heard "science is a boon as well as a curse". It depends on the one who uses it. Whatsapp and Facebook help us to connect with our old friends. We are always in contact with them. But the affinity towards the screen may take us away from the real world. We may forget to get in contact with our friends in real life. So social sites have got both positive and negative sides. It is up to us to limit the use and make maximum benefit from these websites.

Importance of Social media in Social health

Social Media is the outcome of Digital technology Whatsapp had become the largest Instant messaging platform all around the world. Usage of social media has become the part of our everyday life. Social media has become the necessary and unavoidable part of our routine. We use internet, websites, social networks, television and other means of social media everyday very frequently. The social media is designed in a way that it attracts and draws our attention immediately towards itself. We are mesmerised by social media. Our daily life activities are linked with social media's affects. We use social media for number of purposes. We use it for research purpose, to gather information, to communicate with others, to run our official works; our opinions are influenced by media.

In short social media has become a vital part of our lives and some people even find it to live or stay happy is very difficult without social media.

WHAT ARE IM'S

Instant messengers are programs that let you chat and keep in touch with friends' family, etc. online. You can send messages in real time.

Advantages of using Whatsapp mobile application:

You can easily send free messages to any part of the world without any charges.

- This service is completely free.
- All tools provided by Whatsapp are very easy to use.
- This app automatically imports the contacts from your phone and tells you that how many of your friends are using Whatsapp.
- You can share your location, photos, status with your friends.
- You need not to spend any money for chatting and sharing with your friends. IN groups, it's very useful to discuss about some problems and we can get solutions easily.

Disadvantages of using Whatsapp mobile application

- You can chat to friends that only have smart phones supporting this application and to friends having their account on Whatsapp.
- You must have access to internet to send and receive messages for free and the messages are also not sent to the phone inbox.
- You need to pay Rs 55 /- for renewal after every year.
- Your profile picture is visible to every person having your contact number and using this App, whether known by you or not.

Advantage of FB

- FB is free of cost and one of the best ways for telecommunication and transfer of information. User may post and send messages, start a video call, and upload photos and videos without any extra charges.

- FB lets user to connect to different people from anywhere, anytime in the world. The people these days are very familiar with FB. FB is the easiest and convenient social service for finding old contacts and keeping those contacts alive.

- It's fun to see their photos from around the world!
- It is an easy way to sharing emotions, feelings and happening in user's daily life. User may share user's achievements to get some appreciation. FB now also provides user an email address.
- The email address is based on user's FB username
- The newsfeed plays a very important role in getting the latest information. FB fan pages and users are constantly sharing articles, photos, and videos.
- User may chat both online and on user's phone with FB messenger.
- Many popular actors, players, sportsman, celebrities and organizations are using FB to give regular updates to their fans and followers.
- Students, school children may use FB for group study by creating a group only for studying. User may share knowledge and information about the projects, assignments, activity project, home activity, exams, etc.

Disadvantage of FB:

- FB is addicting! And many students and young generation plus elders are addicted to it. Many fake profiles and IDs exist on FB.
- It is quite easy to create fake profiles ids using stolen pictures.
- There are so many FB groups and fan pages out there that extremist and terrorist, who has unacceptable opinion about any trusted information or news. Some FB activities urge a conflict between social networking site and electronic media and newspaper.
- Too much time spent on FB may result in bad grades or result of the students. The hackers steal user and get user's private information and user's identity to make fake profile. Not only students, but also professionals who are working in offices may waste time on FB.
- Therefore, FB is fire-walled in offices. Some sources found that FB is a life-threatening site for the people as it reveals private

ADVANTAGES OF IM

- * There are many advantages to using instant messenger.
- * It connects people regardless where they are actually located. In the company, colleagues can send and reply instant message in real time without face to face, meanwhile the work report can be shared during the instant chat session; the IM can make a virtual conference without get all the related people together in a physical meeting room
- * People can speak to multiple people in the virtual conference, share ideas and get conclusions. People on a business trip can contact the co-works inside the company through IM as well.
- * What's more, the staff can talk to customers or vendors online as well, in other word, now people can do business through the instant messenger direct rather than use the traditional method like make phone calls.

DISADVANTAGES OF IM

- * There are of course disadvantages of instant messaging.
- * While the real time response is great, IMs do take away the face to face, personal experience that people have when they are speaking to someone in person.
- * You can't really get a very good emotional bead on someone through IM nor are you sure of who you are talking to through IM, which can be dangerous if you aren't careful. Other disadvantages include
- * Uncertainty that the person you are talking to is the person you are talking to, especially when you are not very familiar with the things and risks of the internet.
- * This can be dangerous.
- * Also your computer may be attacked of viruses due to you may accidentally receive some files from the unknown people or click a disguised Purloin company environment; there will be potential for misuse.
- * People in workplaces may use the IMs during work time to chat with friends and waste time or even bring the possible virus from outside.
- * FAMILY TIME IS VANISHED WHICH IS REDUCING THE ATTACHMENT AND BOND IN THE PRIMARY CIRCLE OF LIFE.

SUGGESTIONS

Instead of chatting all day, put time limit and take some time out or watch movies, meet with neighbours and friends, engage you with some other activities like sports, Exercise etc. This way you can avoid falling prey to addiction.

RECOMMENDATIONS:

- * Delegate, Prioritise, schedule
- * Always keep family 1st and give constructive time to your loved ones.

CONCLUSION

Everything in this world has two sides, one positive and one negative. The use of Social Media is no different. It is not a black or white app, but a grey app whose pros and cons are decided by the user himself. The people are more isolated than before in the present world. Some make their world better by using the app, and some make themselves more isolated after using this app. In all the cases, balance is the key. Thus “ Building Communication Skills “ and ““Developing Healthy Relationship” are the two main important factors of formation of Healthy Society and hence In today's world Technology based Social media plays an important role for the development of Social Health.

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