Journal of Pharmacognosy and Phytochemistry

Available online at www.phytojournal.com

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Benefits and risks of social networking sites use in adolescents

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Abstract
Social networking has encouraged new ways to communicate and share information. Social networking websites are being used regularly by millions of people. Although the features of social networking sites differ, they all allow users to provide information about them and offer some type of communication mechanism (forums, chat rooms, email, and instant messenger) that enables them to connect with other users. About 70 percent of teens who are sexually solicited online are girls. Teens should be cautious in posting suggestive photos online and talking to strangers in chat rooms. Younger boys are more likely to participate than younger girls (46% vs. 44%) but older girls are far more likely to participate than older boys (70% vs. 57%). Older boys are twice as likely to use the sites to flirt and slightly more likely to use the sites to meet new people than girls of their age. Older girls are far more likely to use these sites to communicate with friends they see in person than younger people or boys of their age.

Keywords: Benefits, risks, adolescents, social networking sites

1. Introduction
Social network sites are web-based services allowing individuals to construct a semi-public or public profile in a bounded system as well as to articulate a list of others so as to share connections, views and thoughts. However the type, classification and nature of these connections may differ from site to site. Uniqueness of social networking sites not only allows individuals to meet strangers but enables users to discuss and make visible their social networks. Maximum of the time social networking sites are used to communicate with people who are already their friends or acquaintances in the social network sharing same mindset or same interests and views. The global nature of the Internet allows criminals to commit almost any illegal activity any wherein the world, which makes it essential for all countries to adapt their domestic offline controls to cover crimes carried out in cyberspace. This attention is important, because with the growing (mobile) Internet use of ever younger youths, the number of online risks grows. Safety for adolescents, both offline and online, is primarily a responsibility of parents, but where parents cannot or do not sufficiently manage this; it is also a matter of public policy to see that young people are protected. Alongside protecting youths against risks and harm, however, protection also involves fostering self-development and freedom in adolescence. As we will elaborate in this article, adolescent autonomy is relevant for youths to develop into responsible and independent adults. Part of this maturing process involves youths conducting risk-taking and experimental behavior, including online sexual exploration that as such is perfectly healthy even though it may sometimes involve particular vulnerabilities or harm.

2. Methodology
The study was carried out in the Faizabad district of Uttar Pradesh. It was selected purposively because of the nearness of investigator with respect to locality, people, officials, non-officials and local dialect. The selected respondents were of class VI to XII. Total 300 students were selected from all the schools for the study purpose. The list consists of students ranging between the age group of 12 to 19 years. Factors which affect socio-economic status are age, sex, education, caste, father education, mother education, father occupation, mother occupation, family size, family type, monthly income of family etc.ad dependent variable were such as gadgets, social networking sites, benefits, risks etc.
The respondents were interviewed personally with the help of structured interview schedule for obtaining necessary information. The statistical tool were used such as percentage, Chi-square test, correlation coefficient.

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3. Result

Table 1: Distribution of adolescents according to their sex N=300

Sex of respondents	Frequency	Per cent
Boys	150	50.0
Primary	150	50.0
Total	300	100.0

(Figures in parentheses indicate the percentage of respective values)

According to sex, 50.0 per cent of boys and 50.0 per cent of girls were found in the study area. Boys and girls are both involved in social networking sites. But of these female have more involve than male to get contact with social networking sites because they spend more time in home and school so they use more social networking sites. Girls are much more likely to say they are attached to their social networking sites. Girls just seem to care more about the way they appear in pictures, the number of friends they have, and, most importantly, about having perfect social media versions of themselves. Boys were more likely than girls to use video games as a conduit for conversation, while girls tended to keep up with friends through texting and social media.

Table 2: Distribution of adolescents according to father's education N=300

Qualification	Boys	Girls	Total
Illiterate	-	-	-
Up to middle	-	-	-
High School	-	-	-
Intermediate	4 (2.7)	8 (5.3)	12 (4.0)
Graduate	140 (93.3)	135 (90.0)	275 (91.7)
Post-graduation	6 (4.0)	4 (7.0)	13 (4.3)
Total	150 (100.0)	150 (100.0)	300 (100.0)
χ^2	1.09		$P > 0.05$

(Figures in parentheses indicate the percentage of respective values)

Father's education and mother education is very important for children because if they are educated they understand their age group easily. The literacy status of one society which is associated with the development of technology and sometimes may increase the scope of using social media among teenager. Most of respond father's were graduate. If fathers were educated they were more aware about social networking sites and also encourage to adopt social media. Educated fathers were instructing their teenager how to use safely social media and protect them. Today various crime done through social media if father are educated then they were knowledge about cyber crime and guide to their children far away from cybercrime.

Table 3: Distribution of adolescents according to benefits of social media use

Gadgets	Benefits	Boys		Girls		Total
		Yes	No	Yes	No	
Facebook	▪ Sharing of information	150 (100.0)	-	150 (100.0)	-	300 (100.0)
	▪ Chatting	150 (100.0)	-	150 (100.0)	-	300 (100.0)
	▪ Mobile facebook	150 (100.0)	-	150 (100.0)	-	300 (100.0)
	▪ School, college friendship	150 (100.0)	-	150 (100.0)	-	300 (100.0)
	▪ Entertainment	150 (100.0)	-	150 (100.0)	-	300 (100.0)
	▪ Boredom killer	150 (100.0)	-	150 (100.0)	-	300 (100.0)
	▪ Reconnecting with older and lost friends	150 (100.0)	-	150 (100.0)	-	300 (100.0)
Twitter	▪ Post comments on blog	120 (80.0)	30 (10.0)	105 (70.0)	45 (30.0)	225 (75.0)
	▪ Invite user join a group	150 (100.0)	-	150 (100.0)	-	300 (100.0)
	▪ Exchange of ideas through videos, podcast photos	150 (100.0)	-	150 (100.0)	-	300 (100.0)
Google+	▪ Sharing of photos	150 (100.0)	-	150 (100.0)	-	300 (100.0)
	▪ Identity development	120 (80.0)	30 (10.0)	105 (70.0)	45 (30.0)	225 (75.0)
	▪ Share documents	150 (100.0)	-	150 (100.0)	-	300 (100.0)
Youtube	▪ Recorded video can be seen	150 (100.0)	-	150 (100.0)	-	300 (100.0)
	▪ Look online sports, cultural and health events	150 (100.0)	-	150 (100.0)	-	300 (100.0)
	▪ Gather news online	150 (100.0)	-	150 (100.0)	-	300 (100.0)
Whatsapp	▪ Communicate with family and friends	150 (100.0)	-	150 (100.0)	-	300 (100.0)
	▪ Awareness about new things	150 (100.0)	-	150 (100.0)	-	300 (100.0)
	▪ Comments on post	150 (100.0)	-	90 (60.0)	-	255 (85.0)
Messenger	▪ Sending message fast and easy way	150 (100.0)	-	105 (70.0)	45 (30.0)	255 (85.0)
	▪ Coordinate plans with a group	150 (100.0)	-	90 (60.0)	60 (40.0)	240 (80.0)
Tumbir	▪ Find people with similar interest	150 (100.0)	105 (70.0)	15 (10.0)	135 (90.0)	60 (20.0)
	▪ Source for discovery for students	15 (10.0)	135 (90.0)	-	150 (100.0)	15 (5.0)
Line	▪ Exchange of text message, photo audio	15 (10.0)	135 (90.0)	-	150 (100.0)	15 (5.0)
	▪ Personal development in a community	105 (70.0)	45 (30.0)	15 (10.0)	135 (90.0)	120 (40.0)
	▪ Video conferencing	150 (100.0)	-	150 (100.0)	-	300 (100.0)
Snapchat	▪ Face to face chatting	150 (100.0)	-	150 (100.0)	-	300 (100.0)
	▪ Easily talk with friends	150 (100.0)	-	150 (100.0)	-	300 (100.0)
	▪ Social relation development	150 (100.0)	-	150 (100.0)	-	300 (100.0)
WeChat	▪ Voice messaging	150 (100.0)	-	150 (100.0)	-	300 (100.0)
	▪ Easily connect with family and fiend across the country	150 (100.0)	-	150 (100.0)	-	300 (100.0)
	▪ Exchange contacts with people	150 (100.0)	-	150 (100.0)	-	300 (100.0)
Pinterest	▪ Upload save and message manage image	150 (100.0)	-	150 (100.0)	-	300 (100.0)
	▪ Aware through advertisement	150 (100.0)	-	150 (100.0)	-	300 (100.0)

(Figures in parentheses indicate the percentage of respective values)

Social networking sites is an online platform that is used by people to build social networks or social relations with other people who share similar personal or career interests, activities, backgrounds or real-life connections. The social media, and the devices used to access them are vitally important to teenager. They are convinced that social media should be equally important to. Not for the intrinsic value that social media has for connecting with friends, but because social media is the crossroads to their child's world. The social media feed is the window to the soul. Benefit of social media is its capacity to amplify a young person's ability to share, care and compare. It allows them to focus on the things that have always been important to teenager their secrets, image, looks and insecurities. No wonder teenage girls have been shown to be some of the heaviest users of social media. Teenager and their friends are talking about all these issues out in the open, on their favorite social media platform. Teenager social media feed is the landscape of their values and influencers. Social media does not just reveal their thoughts and feelings. Social network sites such as My Space, Facebook, WhatsApp and Snapchat have attracted millions of users in the world, many of whom have integrated these sites into their daily practices. As of this writing, there are hundreds of Social network sites, with various technological affordances, supporting a wide range of interests and practices. While their key technological features are fairly consistent, the cultures that emerge around Social network sites was varied. Most sites support the maintenance of pre-existing social networks, but others help strangers connect based on shared interests, political views, or activities. Some sites cater to diverse audiences, while others attract people based on common language or shared racial, sexual, religious, or nationality-based identities. Sites also vary in the extent to which they incorporate new information and communication tools, such as mobile connectivity, blogging, and photo/video-sharing. Most Social network sites also provide a mechanism for users to leave messages on their Friends' profiles.

Tweeting, Facebook, Chat apps, Instagram. Social media for teenager is more far reaching than ever and as a result a much wider range of potential friendships is available, from across the world. At one point teenagers became very friendly with same group. It opens up a new world of friendships as long as sensible cautions are taken. Social media appeals to every facet of human emotion, including sharing of issues and problems our groups might not have come across otherwise. Afterwards we talked about homophobia and intolerance and were outraged it was still an issue in the modern world. Facebook and Instagram, teenagers pictures and status updates keeps her family in the loop. Grandparents, her uncles and aunties, can all see where she's been and who her friends are and when she meets them they all have something to talk about and in the meantime can 'like' what she's doing to say how proud they are. These days few of us live near our families, so it's an important resource to keep everyone close and in touch. Sometimes words online can provide huge comfort or give a motivational insight they might not think of when we try and talk. Like it or not social media is here to stay and many businesses, big or small, are signing up for a piece of the action. One of teenagers friends has managed to attract more followers on Twitter using a fan account. How to converse online, attract people to own website and understand own cyber profile, is something many employers was seen as a good skill to have in the future. And if they were learning and having fun then all power to the next generation.

Table 4: Risk of social marketing sites use in adolescents

Gadgets	Benefits	Boys		Girls	
		Yes	No	Yes	No
Facebook	▪ Account instructions	150 (100.0)	-	150 (100.0)	-
	▪ Scams	120 (80.0)	30 (30.0)	105 (70.0)	45 (30.0)
	▪ Waste of life	-	-	-	-
	▪ Can't keep things personal	15 (10.0)	135 (90.0)	45 (30.0)	105 (70.0)
Twitter	▪ Security and privacy risks	120 (80.0)	30 (20.0)	105 (70.0)	45 (30.0)
	▪ Overload the server	150 (100.0)	-	150 (100.0)	-
	▪ Time consuming	105 (70.0)	45 (30.0)	90 (60.0)	60 (40.0)
Google+	▪ Addiction	150 (100.0)	-	90 (60.0)	60 (40.0)
	▪ Sleeping disorder	150 (100.0)	-	105 (70.0)	45 (30.0)
	▪ E-mail hacking	150 (100.0)	-	150 (100.0)	-
YouTube	▪ Loss of time	-	150 (100.0)	-	150 (100.0)
	▪ Pornography	120 (80.0)	30 (20.0)	60 (40.0)	90 (60.0)
	▪ Eye burn	-	150 (100.0)	15 (10.0)	135 (90.0)
WhatsApp	▪ Misuse of photos	30 (20.0)	120 (80.0)	120 (80.0)	30 (20.0)
	▪ Internet addiction	114 (76.0)	36 (24.0)	69 (46.0)	81 (54.0)
Messenger	▪ Affected personal privacy of individual	90 (60.0)	60 (40.0)	45 (30.0)	105 (70.0)
	▪ Coordinate plans with a group	105 (70.0)	45 (30.0)	45 (30.0)	105 (70.0)
Tumbir	▪ Cyber bulling	120 (80.0)	30 (20.0)	51 (34.0)	99 (66.0)
	▪ Online harassment	105 (70.0)	45 (30.0)	30 (26.0)	111 (74.0)
Line	▪ Spreading rumours	90 (60.0)	60 (40.0)	15 (10.0)	135 (90.0)
	▪ SMS spoofing	105 (70.0)	45 (30.0)	30 (20.0)	120 (80.0)
Snapchat	▪ Headache	-	150 (100.0)	60 (40.0)	90 (60.0)
	▪ Identity theft	-	150 (100.0)	15 (10.0)	135 (90.0)
	▪ Eve teasing	-	150 (100.0)	30 (20.0)	120 (80.0)
WeChat	▪ Fatigue	-	150 (100.0)	15 (10.0)	135 (90.0)
	▪ Insomnia	-	150 (100.0)	15 (10.0)	135 (90.0)
	▪ Hacked personal photos and information	-	150 (100.0)	39 (26.0)	111 (74.0)
Pinterest	▪ Fake account used to malicious link which affects user	84 (56.0)	66 (44.0)	15 (10.0)	135 (90.0)
	▪ Account hacking	24 (16.0)	126 (84.0)	9 (6.0)	141 (94.0)

(Figures in parentheses indicate the percentage of respective values)

In present scenario the use of social networking sites is very important because in present time without social media people are like illiterate so teenager were easily adopt it but some of harmful effect of social media like cyber bulling, online harassment, misuse of photos and personal information, credit card fraud etc, which can affect user especially teenager because in this age group child were easily affected. Young teenagers spend a lot of time in browsing the network, particularly, the social networking sites, as they find it the best form of communication mode. The most popular mode of networking is, undoubtedly, the social networking sites. They can suffer from isolation as one tend to be glued to the computer and move out of the house and meet people. Sexual harassment encompasses a wide variety of behaviors and can range in severity from degrading remarks to unwanted sexual advances and sexual assault. Facebook depression is defined as a depression that develops when preteens and teens spend a great deal of time on social media sites, such as Facebook, and then begin to exhibit classic symptoms of depression. The main risk faced by preadolescents and adolescents online are risks from each other, risks of improper use of technology, lack of privacy, sharing too much information, or posting false information about themselves. A shy child might prefer to communicate only through social media does show abnormal symptoms among many teenagers such as depression, excessive aggression, abnormal anxiety or even normal anxiety. Those suffering from social anxiety tend to immerse themselves in front of social media. Teenagers usual have emotional problems and are very conscious of their self-image, their bodies and their looks. If socially, they feel inferior they tend to avoid social interactions. Obviously, they would like to spend hours sitting writing for the social media only and otherwise social media does show abnormal symptoms among many teenagers such as depression, excessive aggression, abnormal anxiety or even normal anxiety. Obviously, they would like to spend hours sitting writing for the social media. We are only now beginning to understand the potential risks posed by cyber criminals and predators perusing popular social networking sites, but did know that potential employers were looking as well. Social media also brings threats to the teenagers. They are at risk if they access the internet under the age they were not allowed without their parent's permission. Cyber bullying is any behavior performed through electronic or digital media by individuals or groups that repeatedly communicates hostile or aggressive messages intended to inflict harm or discomfort on others beyond the school grounds, and follows targets into their homes.

4. Conclusion
Cyber-crime in all of its forms is one of the fastest growing areas of criminality. Adolescents' special attention in social networking sites. Current cybercrime policy is concerned with particular online risks adolescents are exposed to, for example online grooming and sexting, and other issues such as exposure to harmful or illegal content. Policy should first and foremost try to make youngsters resilient in using the Internet and facing all its risks and opportunities. Second, for those risks that are too high to leave to the overall resilience of children and parents, notably when considerable harm may follow, policy should try to take measures that focus on decreasing these risks.

5. Recommendations
1. Never send your credit card number to any site that is not secured, to guard against frauds. Always keep a watch on the sites that your children are accessing to prevent any kind of harassment or depravation in children.
2. One should avoid disclosing any personal information to strangers via e-mail or while chatting.
3. Raise awareness among adolescents about social networking sites application to guide them with useful and meaningful uses.
4. Block pornographic sites on the Internet, which is the primary source of the photos and videos that transmits through Social networking sites.

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