

Social Media: Negative Behavior Towards Family?



Green River College

CMST 213 Communication in Social Media

June 4, 2021

### Social Media: Negative Behavior Towards Family?

Social media has become an integral part of society especially for the younger generation. It has become such a necessity that its impact on the user has effects on the environment surrounding them, such as their family life. One of these effects is addiction to social media. In the book, the author mentions that “..from an app called Locket, people check their phone an average of 110 times per day, which amounts to checking, on average, once every six or seven minutes over a twelve-hour period (Figure 6.3)” (Humphreys, 2016, p.100). One reason for addiction is known as the fear of missing out (FoMO), keeping connected and up-to-date with information and staying connected with friends and peers. In a recent academic journal based in Belgium containing 831 adolescent participants, results found that high social media use amongst adolescents was connected to high FoMO, and that high FoMO due to social media use can be a result of having a low-quality relationship with parents (Bloemen, De Coninck, 2020). Based on the information given beforehand, the aim of this paper is to answer the question inversely, on whether social media use negatively affects our behavior towards our family, finding the most used social media platforms and responses in certain situations. I hypothesize that high amounts of social media use correlate with negative behavior towards other family members.

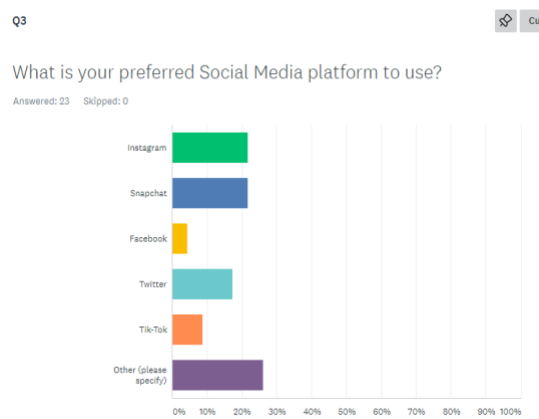
#### **Method**

SurveyMonkey was used as the platform for this study. The survey was distributed by sending links on Instagram and Discord and all responses are anonymous. In total, there were 23 participants based on the West Coast from those under 18 to 34. 34.78% of participants were under 18, 60.87% of participants were aged from 18-24, and 4.35% of those were ages 25-34.

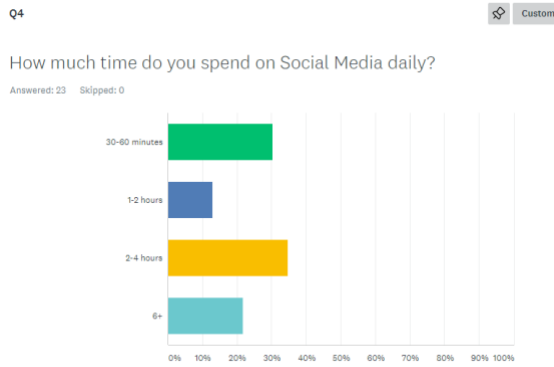
Regarding gender, 78.26% of participants were male, and the remaining 21.74% of participants were female. This demographic was studied due to the age group being mostly associated with their families at this current time. The survey contains 9 multiple choice questions. 2 questions are presented first pertaining to demographics, which are age and gender. The rest of the questions are topic-based, focusing on behaviors of participants surrounding social media and their family, containing situations and collecting reactions from the participants. Some questions relate to time usage surrounding devices and spending time with family as well. This survey was created to assess the social media habits of participants and seeing if that has a negative effect with their relationship with family members.

## Results

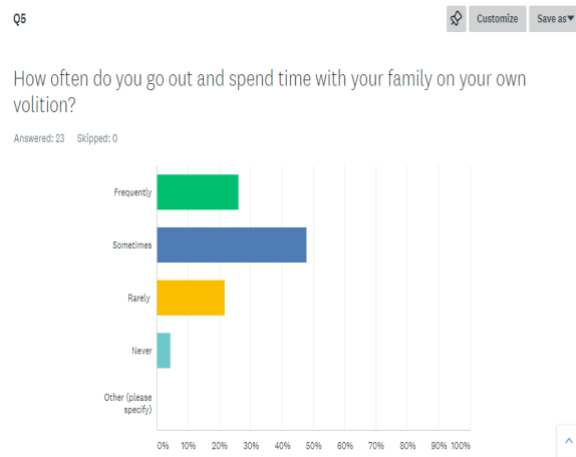
Seeing the answers of the survey, regarding most used social media platform, both Instagram and Snapchat were both equal at 21.74% of the results, and the preferred answer was Other (Please Specify) at 26.09%, which contained other social media platforms not listed on the survey, such as Reddit, Discord and YouTube.



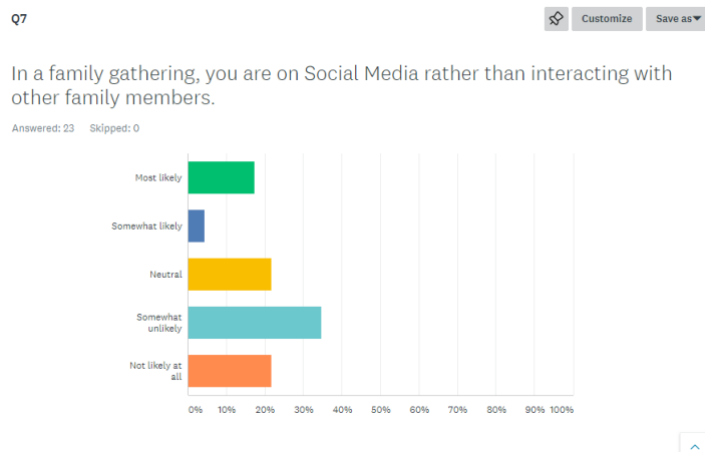
Moving forward to time usage spent on social media, 34.78% of participants spend 2-4 hours daily. 30.43% of participants spend 30-60 minutes daily, while 21.74% spend 6 hours daily, and 13.04% of respondents spend 1-2 hours daily.



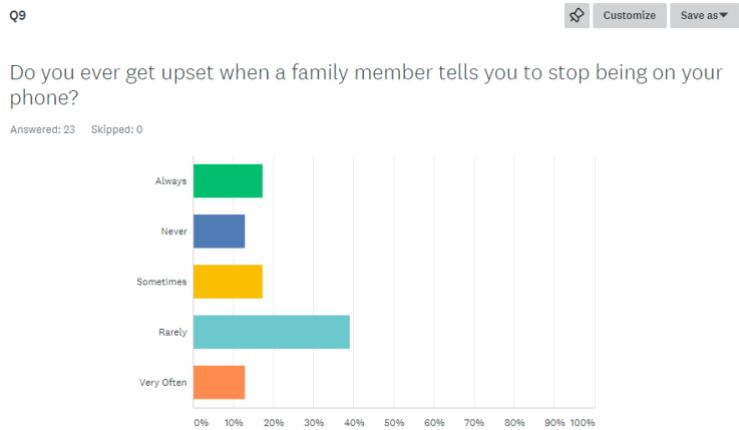
When participants were asked on how much they spend time with their family voluntarily, most respondents chose “Sometimes” at 47.85%, while only 4.35% chose “Never”.



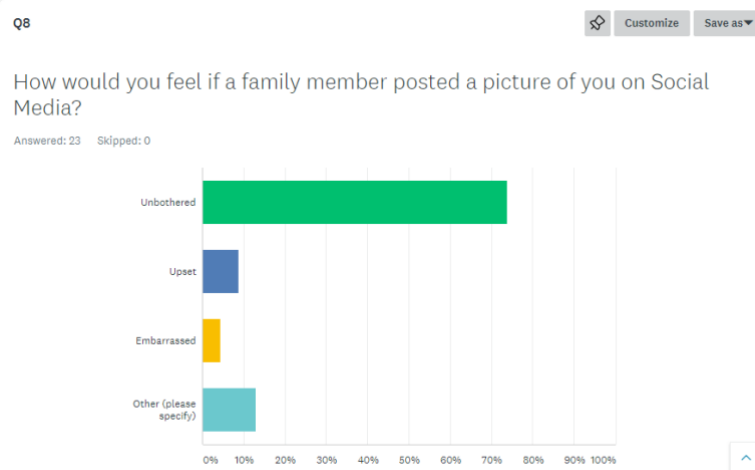
Moving forward, participants were given a specific scenario to answer which pertained to being on social rather than interacting with family in a family gathering. The answers were split, with most choosing “Somewhat Unlikely” at 34.78%, and the next chosen answers were “Not Likely at All” and “Neutral” at 21.74% both.



In another scenario regarding on whether a participant would feel upset when a family member tells them to stop being on their phone, 39.13% chose “Rarely”, while both answers “Always” and “Sometimes” were equally 17.04%, and both answers “Never” and “Very Often” were 13.04% each.



Reviewing the answers to how participants would feel when a picture was posted of them on social media by a family member, the common answer amongst mostly all of them was “Unbothered” at 73.91%, with “Upset” having only 8.70% of the vote, “Embarrassed” at 4.35% and the remaining 13.04% being “Other (please specify)”, with participants citing the picture’s context.



### **Discussion**

Based on the results, the study I've conducted proves my hypotheses wrong and the answers show that there is no correlation with high social media use leading to negative behavior towards family. While most participants leaned towards using social media for multiple hours a day, the least common answer to each scenario was when participants reacted negatively given the situation. Each scenario was created with FoMO in mind however there was no majority answer that contained negative behavior. The common answers instead rather pointed in a direction where the majority had a reaction that indicated that it wasn't a big deal to the participants if the situation happened to them. In other words, the answers showcase that social media usage has no effect on their behavior towards their family.

There are constraints within the current study. First, the sample size of the study is too small to conclude proper results; in the future, having a bigger population in further studies should be necessary to get a more accurate representation on results. Secondly, the ratio between male to female is highly skewed in favor of males, which calls for equal diversity amongst genders in further studies. Furthermore, SurveyMonkey does not showcase a feature on how demographics play a part into the decision-making for participants; this survey should be conducted on a platform that can showcase how age and gender play a role in decision-making. Most importantly, more questions should contain information that dives deep into the current relationship of the participants with their family in order to showcase an effect it can have on reacted behavior and social media usage as well. With the current study, I conclude no correlation with social media use leading to negative behavior studies. Further studies regarding this topic can push this forward, whether positive or negative behavior can be associated from social media usage and be applied towards our family, with more variables being accounted for.

References

Humphreys, A. (2016). *Social media: Enduring principles*. Oxford University Press.

Noor, B., & De, C. D. (2020). *Social media and fear of missing out in adolescents: The role of family characteristics*. *Social Media + Society*, 6(4)

doi:<http://dx.doi.org/10.1177/2056305120965517>