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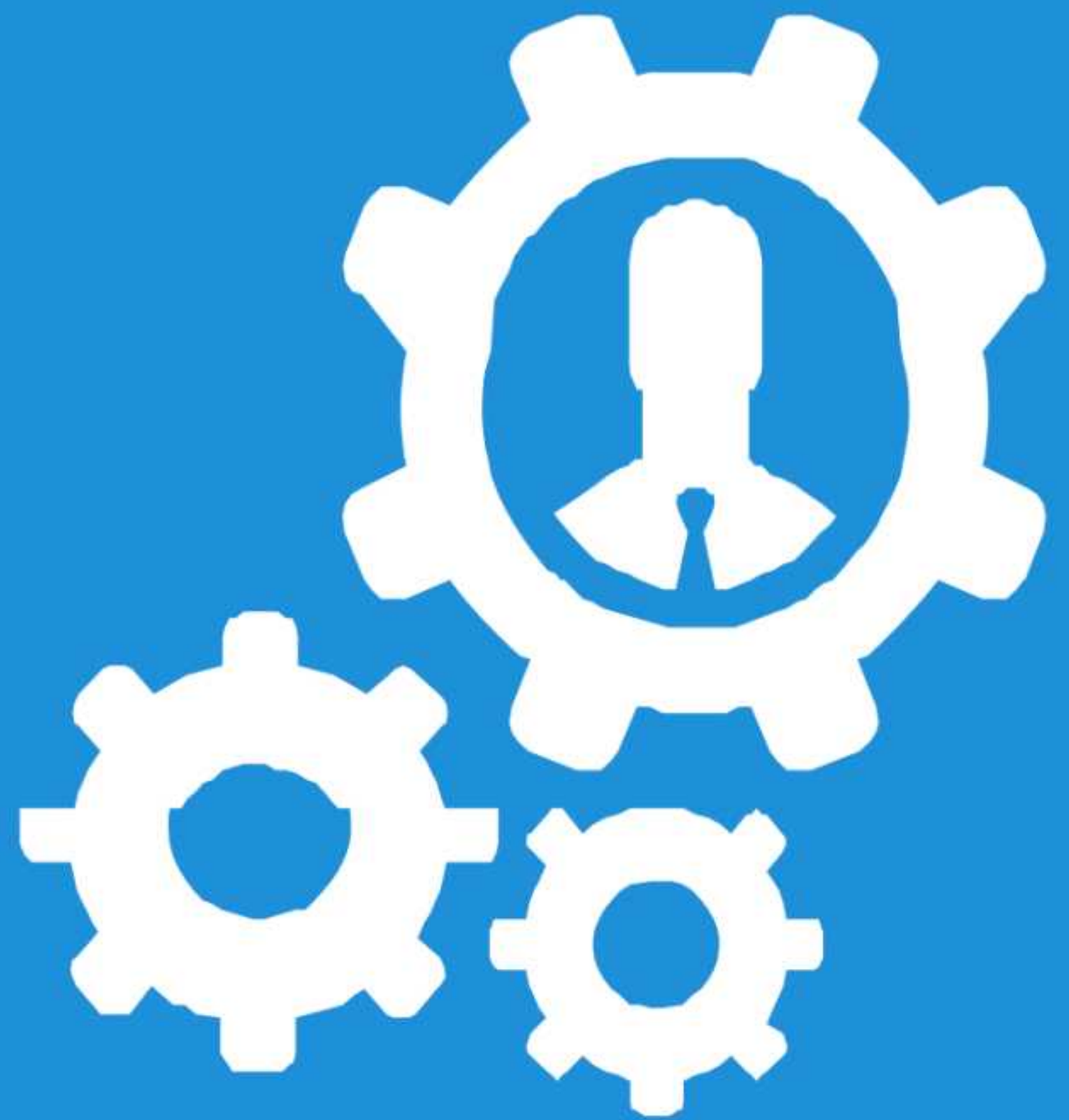
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Social Networking Addiction and Its Effects on Frustration among Adolescents

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ABSTRACT

Virtual platforms such as Instagram, Facebook, and WhatsApp have been integrated into daily adolescent lifestyles, while social media expansion speeds continue to transform adolescent behavior patterns. Research investigates social networking addiction patterns alongside related psychological frustration manifestations among Nashik City Indian adolescents. A total of 100 14-19-year-old adolescents received the Social Networking Addiction Scale (SNAS) and Frustration Test assessment. Research data indicates that social networking addiction exists at a high level (60%), while girls (65%) experience these symptoms more frequently than boys (55%). Adolescents who struggled with addiction demonstrated notably greater frustration scores when compared with students who did not struggle with addiction. Frustration measures across adolescents showed a significant positive connection ($r = 0.68$; $p < 0.001$) to addiction severity levels, while girls demonstrated a slightly higher correlation. These findings demonstrate how huge amounts of social media usage negatively affect young people emotionally, which demands culturally based interventions to help Indian adolescents develop better online behaviour.

Key Words: Social Networking Addiction, Frustration, adolescents

1. Introduction

Like many things, social media has changed the way people communicate and interact. Among teenagers, while Facebook, Instagram, and Snapchat serve their purpose to connect with others and engage their identities, long hours spent on these sites can also amount to addiction—somebody is becoming unable to control it, and compulsive behaviors are being performed.

The rapid expansion in the field of digital technologies has modified communication patterns across the world; India now stands as one of the most significant consumer bases for social networking sites. Social media applications like Instagram, WhatsApp, Facebook, and TikTok, before being banned in India, have been embedded in the everyday life of Indian teenagers, providing them spaces of interaction, self-expression, and social validation (Statista, 2023). India has the highest number of internet users worldwide; out of this more than 600 million, a large part is contributed to the adolescents who counted on social media (IAMAI, 2022). While these efforts aim to alter people's social interaction practices, they also raise concerns about "social networking addiction," specifically the overuse of these platforms. Addiction to social networking refers to a person's addiction to the emotional and behavioral damage on social media platforms (Andreassen, 2015). Healthy access to smartphones and affordable internet combined with the availability of Jio has increased the screen time of Indians even among adolescents (Kumar et al., 2021). These adolescents, generally susceptible to high influence from their peers, yearn for social approval, and develop their self-identity, which often leaves them vulnerable to addictive behaviors. India is an enormous and culturally diverse nation with values governing family systems and expectations of academic standards. Against such a sociocultural backdrop, the influence of social media poses unique challenges, as pointed out in this study (Nayar & Kuppaswamy, 2018). One of the critical yet underexplored consequences of social networking addiction is its impact on frustration levels among adolescents. Being frustrated means that your needs aren't being met or your goals are getting in the way. This is especially true for teens who have to deal with peer pressure, family expectations, and school pressure (Beranuy et al., 2020). In the context of social networking, frustration can stem from several factors, such as exposure to curated and idealized online lives, negative social comparisons, cyberbullying, and the constant need for validation through likes, comments, and shares. For instance, the pervasive "fear of missing out" (FOMO) has been identified as a significant driver of emotional distress among Indian adolescents (Przybylski et al., 2013).

India's highly competitive academic environment and societal expectations of success often leave adolescents with little time for play or stress relief (Mukherjee, 2020). Social media degenerates this interaction even further by interfering with sleep cycles, increasing procrastination, and lessening face-to-face socializing with family and friends (Twenge et al., 2018). Such cumulative effects can raise frustration and ruin their emotional well-being, academic achievements, and peer relationships.

In the Indian social context, the phenomenon of cultural collectivism, societal norms, and parental control continues to define the social networking experiences of the adolescents (Sundararajan, 2019). Sometimes, societal embargo may influence emotional confrontation with the individualistic goal

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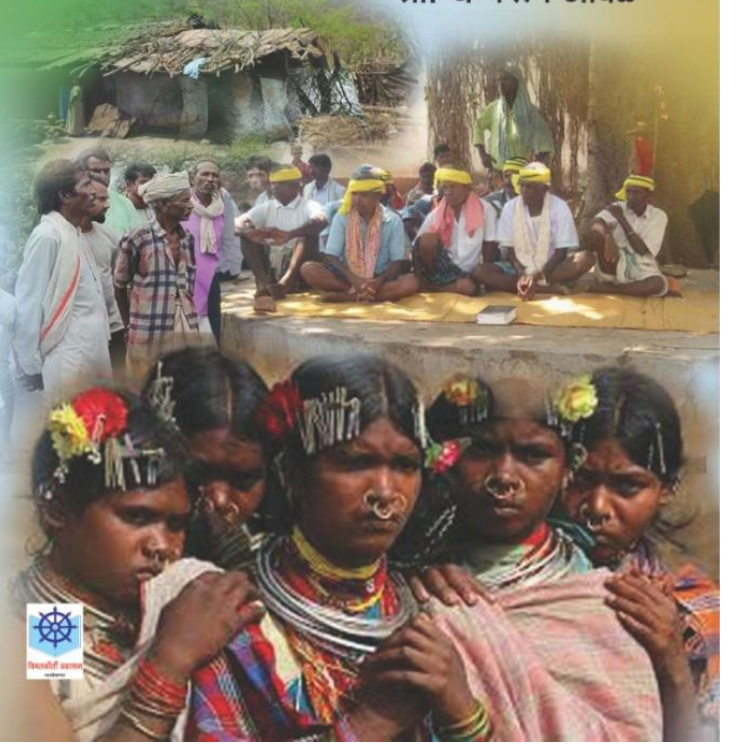
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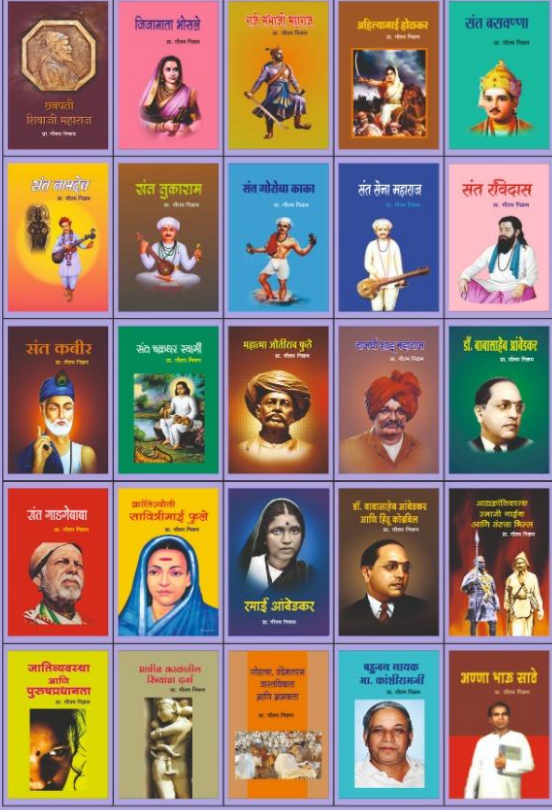
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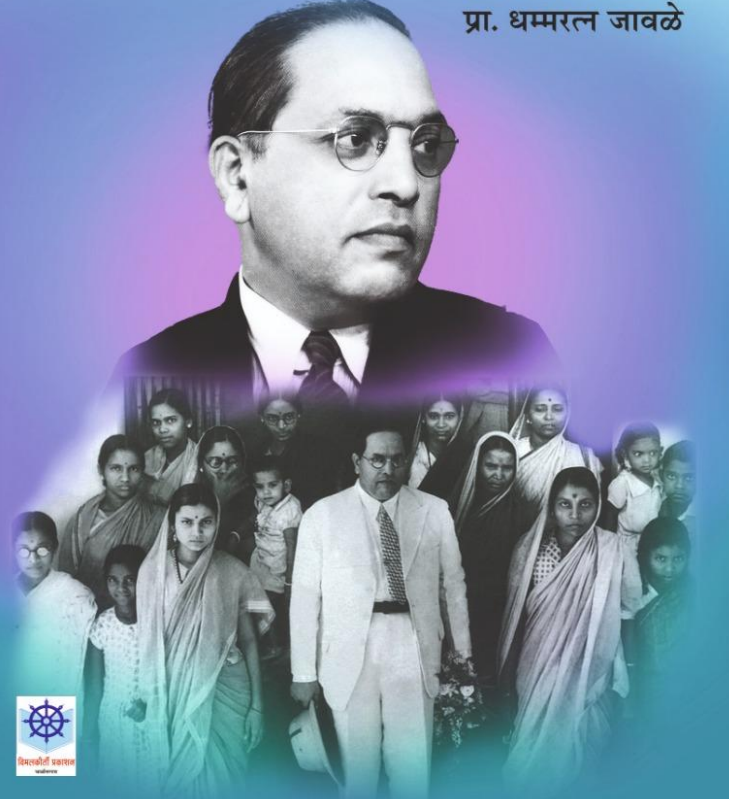
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