

## A COMMUNITY-BASED SURVEY ON FACTORS AFFECTING ON PSYCHOLOGICAL DISORDERS IN YOUTH

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### Abstract

**Background:** A study in India found that most teenagers exceed the daily screen time recommendation of  $\leq 2$  hours, leading to feelings of inadequacy, comparison, and isolation. This can lead to depression, poor sleep quality, and addiction to online platforms. The study also found a link between sedentary behavior, depressive symptoms, and psychological distress, with significant gender differences. The research aims to understand the variations in mental health experiences between men and women.

**AIM:** The study aims to investigate the factors leading to psychological disorders among youth.

**STUDY DESIGN:** For this cross-sectional study, we performed in-person interviews in both urban and rural locations from Dec 2023 to July 2024, it was carried out by a survey.

**RESULTS:** The survey surveyed 200 adolescents and teenagers aged 19-30 years, primarily male and female. The majority were students, with 21.7% using mobile and internet for over 6 hours. Social media had both negative and positive impacts. Most lived in urban areas, with small families and a majority feeling happy with their family. Factors causing mood disturbances included family, relationship, and education issues. Most experienced anxiety, depression, and intrusive memories of traumatic events.

**CONCLUSION:** Adolescents often experience depressive symptoms and psychological discomfort, prompting the development of evidence-based strategies. Most adolescents exceed recommended screen time, mainly due to internet use. Internet use may impact mental health, but further research is needed to determine its potential link.

**KEYWORDS:** Depression, Anxiety, Post-traumatic stress disorder & sedentary behavior

**Introduction:**

According to a recent study on young people's sedentary behavior in India found that majority exceeded the daily recommendation of  $\leq 2$  hours of screen time. Limiting screen-based media consumption among Teenagers and adolescents was deemed "virtually impossible."

Excessive use of social media and online platforms can lead to feelings of inadequacy, comparison, and isolation, which are associated with depression. Constant connectivity can blur boundaries between personal and online lives, affecting self-esteem negatively.

Excessive use of electronic devices, particularly before bedtime, can disrupt sleep patterns. Poor sleep quality is linked to various mental health issues, including depression and anxiety.

Constant exposure to curated and often unrealistic portrayals of life on social media can lead to feelings of inadequacy, anxiety about missing out (FOMO), and stress from the pressure to constantly stay connected and updated.

Internet and social media use can become addictive, leading to neglect of real-life relationships and responsibilities. This addiction can contribute to feelings of withdrawal, irritability, and depression when access to online platforms is restricted

Comparing one's life to the idealized images and lifestyles depicted online can contribute to feelings of depression and low self-esteem. Social media platforms can amplify feelings of loneliness and isolation, especially when individuals perceive themselves as not measuring up to others.

Exposure to distressing content such as violent images, graphic videos, or cyberbullying incidents can lead to symptoms resembling PTSD. Persistent negative experiences online can trigger trauma-related responses in vulnerable individuals.

Excessive screen time, especially late at night, can disrupt sleep patterns and impair cognitive function. This lack of concentration can affect academic performance and overall well-being.

Cyberbullying and online harassment are significant risk factors for suicidal thoughts and behaviors among youth. Persistent negative interactions and the anonymity of online platforms can amplify feelings of hopelessness and isolation.

Exposure to disturbing content, such as graphic images or violent videos online, can lead to symptoms resembling PTSD in vulnerable individuals. Additionally, cyberbullying or online harassment experiences can trigger trauma-related responses

Our analysis of cross-sectional and prospective studies found a link between sedentary behavior, specifically hours spent on screens for leisure, and depressive symptoms and psychological distress, with significant gender differences.

Sedentary behavior is a growing concern in physical health research, but it's crucial to increase the data base for mental health as well. This research aims to define the variations in mental health experiences between men and women, as evidence suggests. The link between Internet addiction and mental problems.

The purpose of this study was to investigate the cross-sectional relationships between depressive symptoms, psychological distress, and time spent on the Internet among a community-based, representative Indian teenagers and adolescent population. This study aims to answer the research question: what is the association between time spent using the Internet for leisure and mental health outcomes; depressive symptoms and psychological distress, in a large, representative Indian teenager and adolescent group

## **Method:**

### **Study Design**

For this cross-sectional study, we performed in-person interviews in both urban and rural locations. From Dec 2023 to July 2024, it was carried out by a survey.

### **Study setting:**

Both urban and rural regions of Karnataka, Andhra Pradesh, Maharashtra, Tamil Nadu, Telangana, Gujarat, Kerala, Punjab, Maharashtra, Jammu & Kashmir, West Bengal and Odisha were used for the study. The investigation was conducted using the provided questionnaire in online. More than 200 participants took part in the study.

### **Study questionnaire:**

An English-language structured research questionnaire was created a copy is available upon request from the relevant author. A skilled and certified translator translated it into the native languages of Marathi and Hindi. To guarantee consistency in the text, another translator performed back translations from Marathi and Hindi into English.

### **Participants:**

### **Inclusion standards:**

The research was open to participants who could understand English and could provide address for verification.

**Data collection:**

A link to a Google Forms survey with a questionnaire was created. Only online survey were conducted using this questionnaire.

A telephone interview was used to conduct the online survey and collect the data.

**Statistical Analysis:**

The questionnaire included the following details, which brings into the conclusion. The Statistical information is as follows:-

**Table-1: Characteristics of survey samples**

Gender	Number	Percentage
Male	109	54.5%
Female	91	45.5%
<b>Age</b>		
13-15	3	1.5%
16-18	11	5.5%
19-24	162	82.5%
25-30	21	10.5%
<b>State</b>		
Andhra Pradesh	38	19% <sup>S</sup>
Karnataka	89	44.5%
Tamilnadu	46	23%
Telangana	04	2%
Kerala	07	3.5%
Gujarat	01	0.5%
Punjab	01	0.5%
Maharashtra	01	0.5%
Jammu and Kashmir	01	0.5%
West Bengal	01	0.5%
Odisha	01	0.5%

**Participation in physical activity**

People who engaged in physical activities	115	59.3%
People who are not engaged in physical activities	79	40.7%

**Individual's time spent using mobile and internet**

1-2 hours	26	13.1%
2-4 hours	74	37.4%
4-6 hours	55	27.8%
More than 6hours	43	21.7%

#### **Impact of social media on daily life**

Positive impact	129	67.2%
Negative impact	63	32.8%

#### **Number of hour's individual sleep in a day**

Less than 5 hours	13	6.7%
5-6 hours	52	26.7%
6-7 hours	80	41%
8 hours	50	25.6%

#### **Highest level of education you have pursued by subjects**

UG	126	64%
PG	52	26.4%
PhD	03	1.3%
Others	16	8.1%

#### **Subjects feeling anxious**

Yes	68	35.8%
No	42	22.1%
Occasionally	67	35.3%
Prefer not to say	13	6.8%

#### **Does talking to someone about your anxiety could be beneficial**

Yes	77	41.2%
No	60	32.1%
Difficulty to find one	36	19.3%
Prefer not to say	14	7.5%

#### **Factors causing mood disturbances in subject's daily life**

Family problems	38	20.3%
Relationship problems	19	10.2%
Education problems	46	24.6%
All the above	84	44.9%

#### **Subjects feeling difficulty in sleeping**

Yes	44	23%
No	98	51.3%
Off and on	43	22.5%

#### **Factors causing depression in subject's daily life**

Family issues	56	31.5%
Relationship issues	28	15.7%
Education issues	62	34.8%
Health issues	32	18%

#### **Subjects Feeling mentally foggy or slowed down**

Yes	55	29.1%
No	82	43.4%
Occasionally	42	22.2%
Often	10	05.3%

#### **Subjects avoiding social activities or isolating themselves**

Yes	50	26.2%
No	95	49.7%
Rarely	39	25.4%
Prefer not to say	07	03.7%

#### **Thoughts of self-harm or suicidal intensions**

Yes	17	8.9%
No	148	77.9%
Had such thoughts but controllable	20	10.5%
Prefer not to say	05	02.7%

#### **On scale of from 1 to 10, how to intense are these thoughts**

1-3	79	44.4%
4-6	47	26.4%
7-8	34	19.1%
9-10	18	subjects having 10.1%

#### **Subjects facing Intrusive memories or flashbacks of the traumatic events**

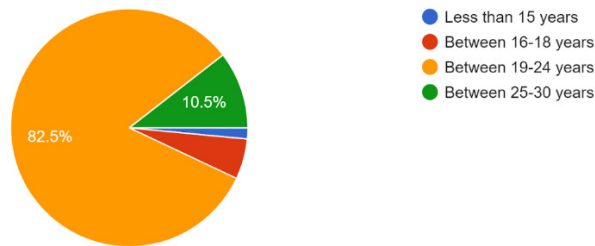
Yes	40	21.7%
No	66	35.9%
More often	22	12%
Depends on the situation	56	30.4%

**On the scale of 1-10 being the highest how happy do you consider yourself than your friends or Colleagues**

1-3	32	17.2%
4-6	46	24.7%
7-8	52	28%
9-10	56	30.1%

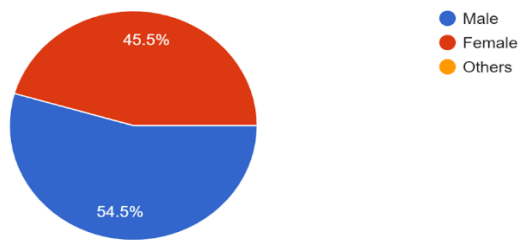
**RESULTS:**

The survey ran during Dec 2023 to July 2024 participant characteristics are reported in Table 1. A total of 200 adolescents and teenagers completed the self-report questionnaire and were subsequently included in this study. Adolescents and teenagers were aged 19-24 years (82.5%)



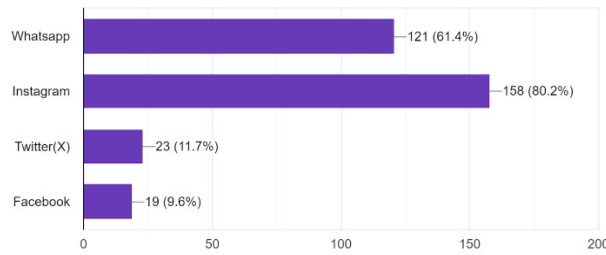
**Fig 1: Different Age groups**

Out of 200 responses majority are males (54.5%) and females (45.5%)



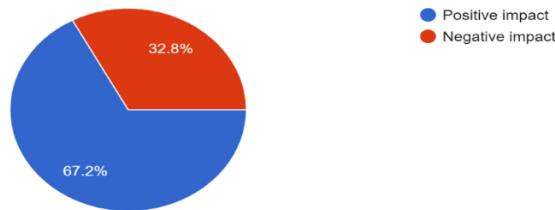
**Fig 2: Gender**

Majority of the population are found to be students (UG) in which the (21.7%) of the population out of 200 are using mobile and internet more than 6 hours where Instagram and WhatsApp found to be widely used social media platform and regarding their current education program. 22.7% of them are feeling stressful and 55.6% are feeling manageable.



**Fig 3: Different Social Media Platforms**

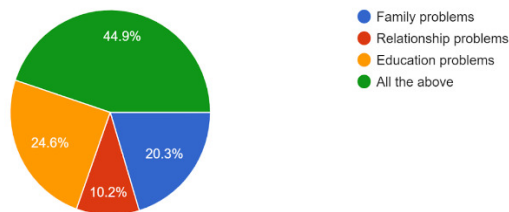
As per the survey conducted the available data is showing that Social media has negative impact (32.8%) and on the other hand positive impact (67.2%).



**Fig 4: Percentage impact shown by social media**

Out of 200 sample size (19%) of subjects are rarely socializing with friends and family and majority of the people are living in urban area (54.4%) and most of them are living in small family (76.2%) and quarter of them are living in joint family(23.8%) and majority of the population (69.6%) felt it was happy growing with their family and (16%) of them felt it was manageable and (8.8%) felt that they faced many conflicts while growing with their family.

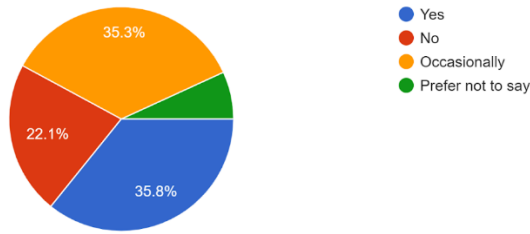
The factors triggers to cause mood disturbances in subjects are family problems, relationship problems, education problems. Out of all this factors majority of the population faced are education related problems (24.6%) and on other side nearly half of the population(44.9%) are affected all the factors that have been mentioned above.



**Fig 5: Factors caused by Mood Disturbances.**

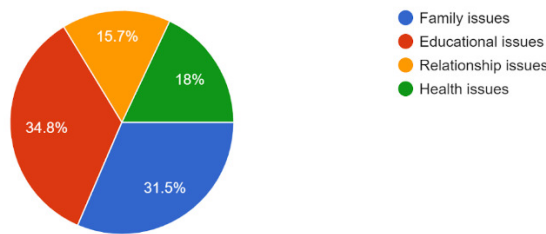
Majority of the population (35.8%) found worrying excessively about various things that makes them anxious, more than quarter of the population (28.4%) has been facing persistent worrying, nearly quarter of the population (23%) states that they have difficulty falling asleep or staying asleep due to anxious thoughts.



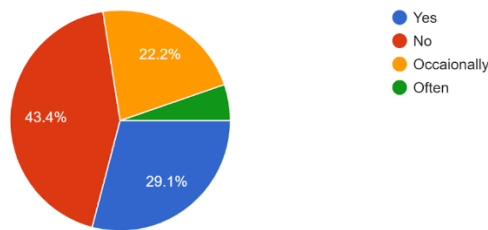


**Fig 6: Subjects facing difficulty due to sleep & anxious thoughts**

The study data that has been gathered and assessed states that (41.2%) talking to someone about anxiety could be beneficial and (19.3%) of them feels difficult to find one and the study data states that family, relationship, educational & health issues are the factors causing the depression and more than quarterly of the population(29.1%) feel mentally foggy or slowed down in their daily life and (25%) of the population feel disconnected from friends or family and they rarely spend time with them and been avoiding social activities or isolating themselves from others.

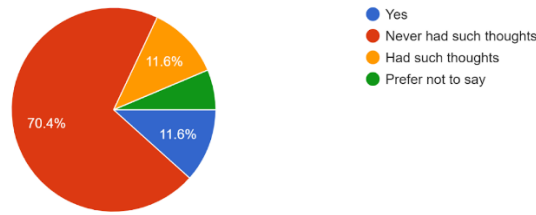


**Fig 7: Factors causing Depression**



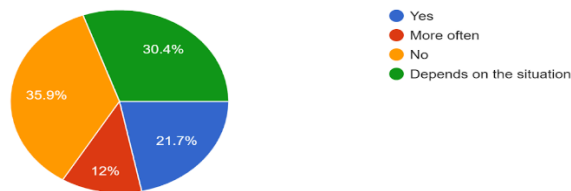
**Fig 8: Percentage of Subjects feeling mentally foggy or slowed down**

Over (11.2%) of the population had thoughts of self-harm or suicide in your past or recently and on other side (11.2%) of the population had suicidal intensions but they are controllable



**Fig 9: Percentage of subjects facing with suicidal intensions**

And (30.4%) of the population have intrusive memories or flashbacks of the traumatic events Depending on the situation and nearly (42.9%) of the population made efforts to avoid conversations related to the traumatic experience and (24.3%) of the population often feel detached or emotionally numb



**Fig 10: Percentage of subjects facing from intrusive memories or flashbacks of traumatic events**

**Conclusion:**

Adolescents have a high prevalence of depressive symptoms, with a significant proportion reporting psychological discomfort. Developing evidence-based strategies to prevent and treat mental health issues is a top focus for this age group.

The majority of adolescents in this study exceeded the recommended daily screen-time of two hours or fewer, primarily due to Internet use (recommendations also include TV and games).

To enhance physical health outcomes for adolescents, it's important to include their mental health as well as their health behaviors. Internet use may impact mental health, making it a modifiable risk factor for improving it. Further research is needed to assess the potential link between Internet use and mental health, as certain inconsistencies were found in this study.

**AUTHORS CONTRIBUTIONS**

All the authors contributed equally in design of the work, acquisition and interpretation of data, and manuscript preparation, all authors have read and approved the manuscript.

**CONFLICT OF INTEREST**

There is no conflict of interest from all the authors.

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