

## Effect of Social Networking Sites on Self Confidence

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### Abstract

In modern times, people are interacting in many different ways, some by telephone, some by E-mail and some by chatting networks. Every day, people are using the computer to talk with one another and social networking sites are a big reason for this. Because society is communicating over the internet, it is much easier to develop and build old and new relationships. But, there are also some negative aspects of talking to people online that you do not know very well like it may reduce self esteem, cause depression by making them more prone to anxiety, and other psychological disorders, as well as by making them more susceptible to future health problems. etc. Social networking sites are not only to communicate or interact with other people globally, but also one effective way for business promotion.

In this paper, we investigate and study the effect of social networking websites on self confidence. To find this we used Questionnaire, that contain some psychological questions which help to know the level of self confidence of adult who permanently used the social networking sites and who doesn't use the social networking sites. After the investigation we conclude that self confidence decreases by using social networking sites.

**Keyword:** Social networking sites (sns), self confidence, depression, self esteem, questionnaire.

### 1. Introduction

As we all know that how much self confidence is important in one's life. Self confidence is extremely important in almost every aspect of our lives, yet so many people struggle to find it. sadly, this can be a vicious circle : people who lack self confidence can find it difficult.

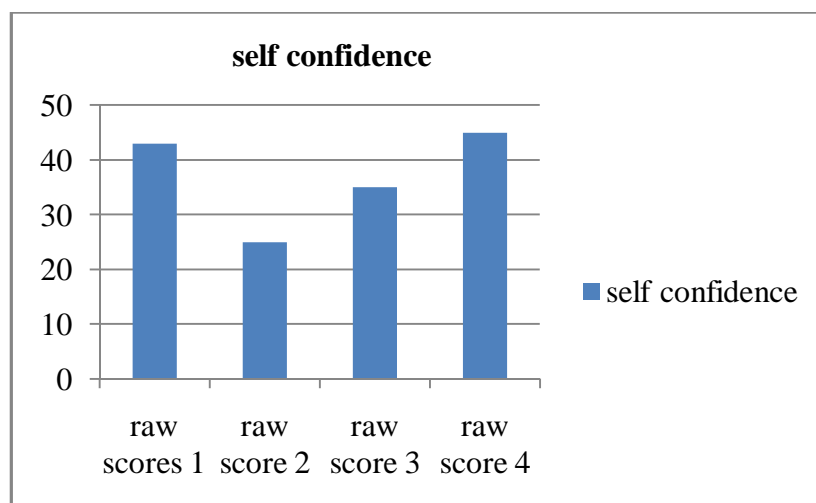
At the most basic level, an internet online social network is an internet community where the individual interact often though the profile that represent their selves (and their network of connection) to others. Social network can grow rapidly and some – like FB can achieve mass market penetration in a few month since their inception.

While youngsters leads a life in mediated publics the fear is that their adolescence thoughts,musing and immature action might become a milestone around their neck, since the information will be embarrassingly accessible later on[1].one such speculation has to do with getting a job in adult life.

However, to participate in online social networking is also about the act of sharing yourself or your constructed identity with others.

Social networking specially catered to college and high social communities. Among online social network , FB stands out for two reasons ; it success both in terms of membership and quality of information on it ,and the fact that ,unlike other network created to young users ,the information is uniquely and personally identified. Accordingly social networking sites is of interest to researchers in two aspects either self confidence increases or self confidence decreases. Nowadays, millions of internet users regularly visit thousands of social website to keep linking with their friends, share their thoughts, photos, videos and discuss even about their daily-life. Social networks can be traced back to the first email which was sent in 1971 where two computers were sitting right next to each other. In 1987 Bulletin Board System exchanged data over phone lines with other users and lately in the same year the first copies of early web browsers were distributed through Usenet. Geocities was the first social website founded in 1994. Theglobe.com launched in 1995 and gave people the ability of interacting with others, personalize and publish their files on the Internet. In 1997, the America on Line (AOL) Instant Messenger was lunched. In 2002, Friend ster was lunched and within three months more than 3 million users were using it. In 2003, MySpace was lunched and in the following years many other social networking sites were lunched such as Face book in 2004, Twitter in 2006 etc.

For this we used the following data:-



**Table 1:** Graph of users who uses sns more than 5 hours.

Row scores	Interpretation
7 and below	Very high self confidence
8-19	High self confidence
20-32	Average self confidence
33-44	Low self confidence
45 and above	Very low self confidence

Table 2. Agnihotri's self confidence inventory From the above discussion and interpretation we conclude that self confidence is decreases by using social networking sites more than 5 hours. According to table no. 1 we can say that adult who used social networking sites more than 5 hours are fall in the range of 35 to above 45 .

## 2. Future researches

1. Comparison study of self confidence between male and female.
2. Comparison study of technophobia between live firm and naïve users.
3. To study the self confidence of the users who surf and not surf social networking sites.
4. Comparison study of technophobia between male and female.

## 3. Conclusion

Social networking sites have become common among children ,teenage ,adults,and also among old people.It is a very common pastime and also the most convinient means to connect to the people,whom we cannot meet or connect through phone. we can also video chat,voice chat, do video conferencing with the friends added in our friend's list.this is the most important feature provided by such sites.even jobs can be searched on these sites.but apart from these we have to think about another side also how it is affect our psychological factors?In this research paper we try to discuss one of such psychological factor i.e...self confidence.We think that advancement of new technology in general and social websites in particular will bring a psychological problems i.e it decreases our level of self-confidence.

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