

# COMPARISON OF ADOLESCENTS' PSYCHOLOGICAL PROFILES DUE TO SOCIAL MEDIA USE

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## **Abstract**

Social media has become an essential part of adolescent's lives nowadays. The present study investigates the differences in adolescents' psychological profiles due to their involvement in social media. We expected that social media abuse could provide anxiety, cognitive disorder, mood swings. The method we applied involved interviews, questionnaires and statistical analysis. The results obtained show that excessive use of social media depends on personal characteristics.

**Key words:** adolescents' psychic, social media abuse, mental health irritants, accentuated personality traits

## **INTRODUCTION**

Social media is an integral part of everyone's life, but they are most popular among the younger population. Thus, through the involvement of adolescents in various social media platforms, the question of the relationship between their abuse and psychological health, and subsequently their well-being, becomes urgent. The highest incidence of social media use is seen amongst young adults aged 15 - 28. This adolescence period is highly significant in terms of psychological, emotional and self-conscious development. Since such type of addiction is becoming increasingly common, the study of the impact of social media on adolescents' psychic is necessary.

## **METHODS AND MATERIALS**

The clinic-psychological approach was used to examine individual specifics of teenagers, due to social media use. To identify the relationship between social media activity and psychological profiles of adolescents, to highlight the most important diagnostic features for this study correlation analysis of the data for each of the scales proposed in questionnaires was applied.

The total sample consisted 40 adolescents aged 17 -19 years, who were divided into 2 groups: adolescents with high and low social media use. Some analyses considered the gender and intro/ extroversion of adolescents.

## RESULTS

Among the adolescents who spend less than 6 hours in social media there was observed extrovert's domination –  $62,25 \pm 3,932$  points ( $p < 0,05$ ), which is due to increased distraction, restlessness, the desire to make new friends in reality. In accordance with the data obtained by the Leonhard-Shmishek Questionnaire [2] many of expressed accentuation features of both groups of adolescents were revealed equally.

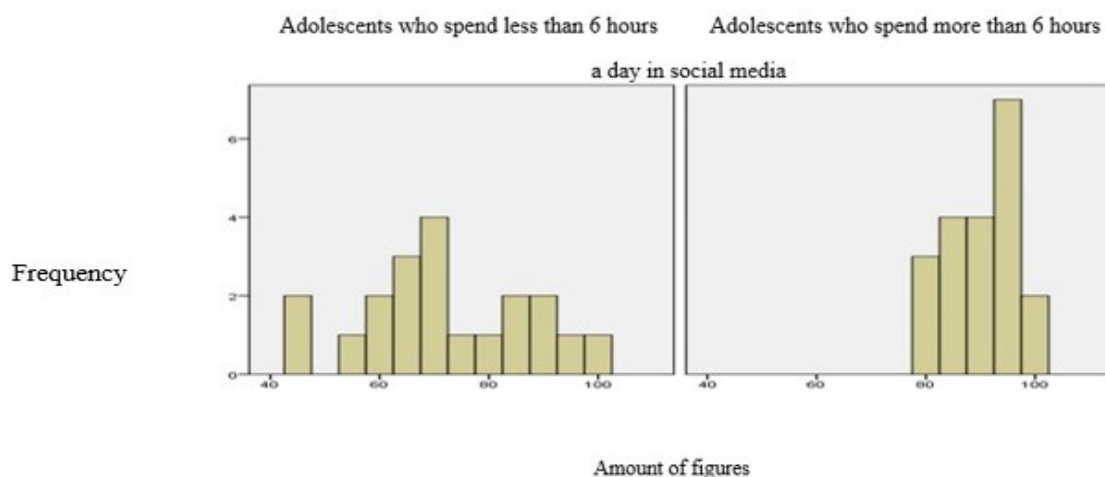
As shown in Table 1, adolescents who spend less than 6 hours a day in social networks are characterized by demonstrativeness which is associated with the desire to be in the center of attention, selfishness, so they publish posts rarely. Adolescents in this group tend to achieve high rates in social media, they are touchy and suspicious, which corresponds to a stuck personality trait. Sense of own inferiority try to disguise in self-affirmation through 'likes'. These characteristics are reflected in the pedantic and disturbing types of accentuated personality traits. Active users (more than 6 hours per day) are characterized by change of hyperthymic and distimicescie phases. The cyclothyme manifested by frequent periodic changes of mood without any reason, as well as dependence on external events.

Adolescents who spend less than 6 hours a day in social media	Adolescents who spend more than 6 hours per day
demonstrativeness – $20,400 \pm 0,6743$ points ( $p < 0,001$ )	distimicescie – $16,950 \pm 0,85$ points ( $p < 0,01$ )
pedantry – $17,600 \pm 0,90$ points ( $p < 0,05$ )	stimulating – $18,600 \pm 0,85$ points ( $p < 0,01$ )
stuck – $17,700 \pm 0,77$ points ( $p < 0,01$ )	hyperthymic – $17,450 \pm 1,25$ points ( $p < 0,01$ )
disturbing – $19,800 \pm 1,05$ points ( $p < 0,01$ )	cyclothyme – $15,450 \pm 0,62$ points ( $p < 0,001$ )
exaltation – $16,400 \pm 0,91$ points ( $p < 0,05$ )	
emotionality – $15,450 \pm 0,8780$ points ( $p < 0,01$ )	

**Table 1** Accentuated personality traits of adolescents in context of social media use

In the process of study we conducted a comparative analysis of the characteristics of attention by using Pierron-Ruzer's test [3] in connection with the activity in social media.

As depicted in Figure 2 a group of adolescents who spend less than 6 hours a day performed a greater number of figures with the smallest scope (cV% – coefficient of variation) than in the group of active users. The concentration is higher in inactive users, due to the rate of reactions of mental processes in the cerebral cortex and depends on the ability to distribute their attention between different activities. Among active users there are both high and low results on this test. The diversity of the results is due to the individual psychological characteristics of the respondents' personality. Factors that reduce the concentration of attention can be a state of fatigue, poor vision, distraction.



**Figure 1** Effectiveness of test execution “Methodology to study the concentration” (Pierron-Ruzer) depending on the activity in social networks  
**CONCLUSION**

We conducted a study to identify differences in the psychological profiles of adolescents with high and low involvement in social media. In the course of the study it was proved that the accentuated personality traits have an impact on the interaction of individuals with others, and on their activities. We revealed correlation between the levels of intro-/extroversion and typological peculiarities of the personality, correlations between mental processes and social media involvement. Accentuations of personality traits greatly affect the mental processes. Maximum execution of

Pierron-Ruzer's test directly and significantly associated with six psychological scales: the demonstrative and affective-exalted that is 99.9% reliability. Qualities of worsening of this indicator are: Cyclothyme, Excitability, Distimicescie. This pattern indicates that the more time adolescents spend in social networks, the worse it affects their adaptation and cognitive processes.

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