

The impact of social media on interactions of teenagers with their family members and friends

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Abstract

The present study tries to find out the impact of social media on interaction of teenagers with their family members and friends. For this purpose, data have been collected from six schools of Deoghar district. Eight close ended questions based on interactions with family members such as time spent on social media, interactions with siblings, parents, relatives and friends; sharing online personal feelings, taking joy of family life, social media addiction while attending family ceremonies etc were asked from them. Data have been analysed to find out the impact of social media on interactions of teenagers with their family members and friends. It has been observed that social media appears to negatively affect family life in some areas, such as reducing family enjoyment, increasing distraction while sitting with family, and creating detachment from family responsibilities. However, it does not show a clear decrease in interactions with siblings, parents, relatives or friends

Keywords: Social media, teenagers, interactions, detachment

Introduction

Social media is made up of websites, apps and other platforms that allow users to share information and ideas with virtual communities through text, photos, videos and more. It has affected each and every section of our society and particularly teenagers. A teenager, or teen, is someone who is 13 to 19 years old. They are easily attracted to it and social media has impacted their interactions with their family members and friends. Social interaction is the fundamental process by which two or more individuals act, react, and communicate with one another. It encompasses all forms of exchange—including verbal conversations, non-verbal cues, and digital messages—that shape behaviours, establish societal norms, and build relationships. Social media has changed a student's communication pattern. It has complex impact on a student's communication

Statement of the Problem

The Impact of Social Media on Interactions of Teenagers with their Family Members and Friends

Hypothesis

Null Hypothesis (H₀): Social media has not decreased the interactions of teenagers with their family members and friends.

Alternative Hypothesis (H₁): Social media has decreased the interactions of teenagers with their family members and friends

Area and Sample of the Study

Students studying in the govt higher secondary schools of Deoghar district have been the target population and students out of the school have not been considered. Here teenagers have been referred to the students studying in higher secondary schools of Deoghar district. Class eleven students have been the target population. Sampling has been done on convenient basis

Objectives of the study

The present study tries to find out the impact of social media on interactions of teenagers with their family members and friends. For this purpose, eight close ended questions were constructed and distributed to the class eleven students of the following schools of Deoghar district.

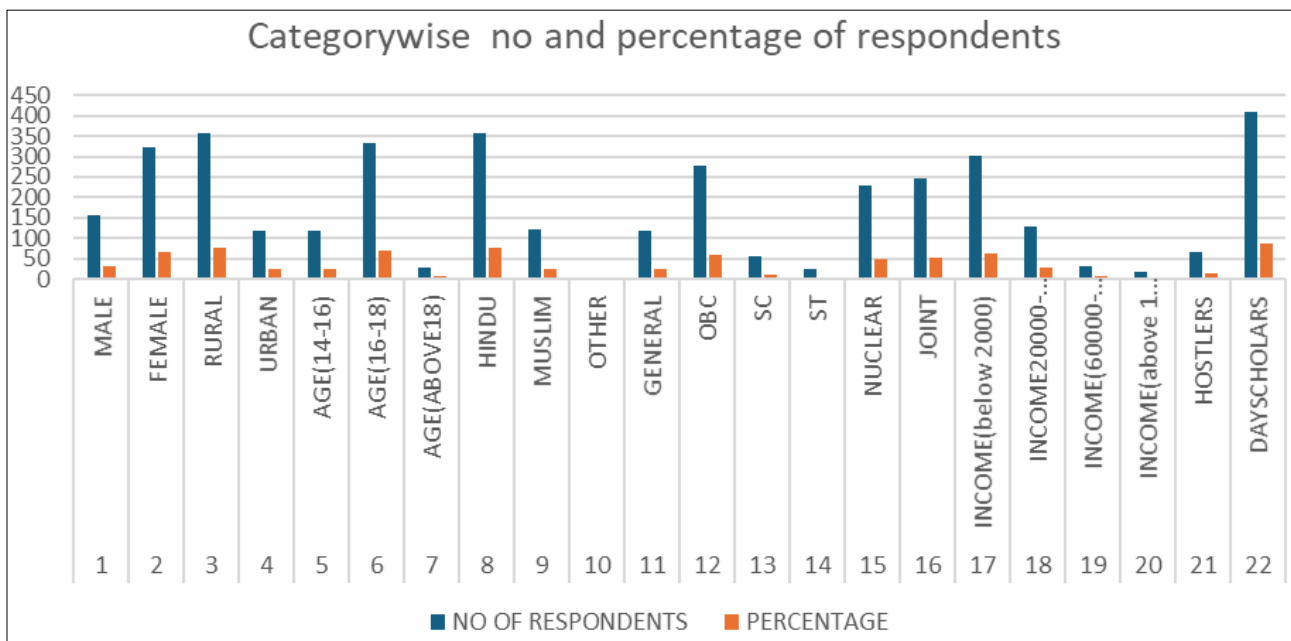
Table: 1 Schools and number of respondents

S.no	Name of school	Category		No of respondents	Percentage
1	R.Mitra +2high School	CO ED	Urban	49	10.30
2	Matri Mandir +2high School	GIRLS	Urban	34	7.14
3	Anchi Devi+2 High School	GIRLS	Urban	206	43.27
4	Mohnanad Tapovan+2 High School	COED	Rural	60	12.60
5	Sarwan+2 High School	COED	Rural	51	10.71
6	Sb Roy Simra+2 High School	CO ED	Rural	76	15.96
	Total			476	100

The sample for the study has been selected using a convenience sampling method from six schools. The largest number of participants has been drawn from Anchi Devi High School, as it has the highest student enrolment. SB Roy Simra High School contributed the second-largest number of participants, followed by Mohnanand Tapovan High School. Data were also collected from Sarwan +2 High School, R. Mitra +2 High School, and Matri Mandir. Among the selected schools, Matri Mandir and Anchi Devi +2 High School are girls' schools. Naturally, we have more female participants than male. The remaining schools are co-educational institutions. Schools numbered 1, 2, and 3 are located in urban areas, whereas schools numbered 4, 5, and 6 are situated in rural areas.

Table 2: Category wise total number of respondents

S. No	Category	No of respondents	Percentage
1	Male	155	32.56
2	Female	321	67.43
3	Rural	357	75
4	Urban	119	25
5	Age (14-16)	117	24.57
6	Age (16-18)	332	69.74
7	Age (ABOVE18)	27	5.67
8	Hindu	356	74.78
9	Muslim	120	25.21
10	Other	0	0
11	General	119	25
12	OBC	277	58.19
13	SC	56	11.76
14	ST	24	5.04
15	Nuclear	229	48.10
16	Joint	247	51.89
17	Income (Below 2000)	302	63.44
18	Income 20000-60000()	128	26.89
19	Income (60000-100000)	30	6.30
20	Income (Above 1 Lakh)	16	3.36
21	Hostlers	67	14.0
22	Dayscholars	409	85.92



The socio-economic profile suggests that the study sample is predominantly composed of students from rural backgrounds and low-income households. There are more females than males. The dominance of respondents belonging to the OBC category is consistent with the demographic composition of Deoghar district, where the OBC population constitutes a significant proportion of the total population. The higher representation of respondents from joint families also reflects the prevailing family structure in rural areas of the district.

The following questions related to different issues were asked from the respondents: the amount of time they spent on social media, impact of social media on their interactions with their siblings and parents, whether they share personal feelings with online or offline friends, whether social media is taking away joy of life, whether they use social media while sitting with their family members, has social media detached them from their family responsibilities. Based on the responses of the respondents, null or alternative hypothesis has been accepted or rejected.

Table 3: Responses and Results

S. No	Issue	Response		Result	Reason
1	Time spent on social media	Less than one hour=261.	More than two hours=63	H ₀ is accepted	Out of 476 respondents, 261 (54.83%) spent less than one hour daily on social media
2	Interaction with siblings	Decreased 139	Increased +No Effect=337	H ₀ is accepted	Only 29.20% reported decreased interaction, while 70.80% reported increased or no effect

3	Interactions with relatives and friends	Yes + Sometimes=347	No=129	H ₀ is accepted	73% use social media to interact with relatives and friends. Hence H ₀ is accepted and H ₁ is rejected
4	Sharing personal feelings with online friends	Yes=151	No+ Hardly shares=325	H ₀ is accepted	Only 31.72% prefer online friends.
5	Taking away joy of family life	Yes=249	No + Can't say=227	H ₁ is accepted	52.31% agree that social media is taking away the joy of family life
6	Social media use while with family	Yes + sometimes=323	No=153	H ₁ is accepted	68% use social media while sitting with family members
7	Detached from family responsibilities	Yes + sometimes=275	No=201	H ₁ is accepted	57.84% feel detached from family issues and responsibilities
8	Interaction with parents	Yes + partially true=230	No=246	H ₀ is accepted	Responses are almost equally divided. Only 48.31% indicate decreased interaction.

The above table presents the questions asked in the survey along with the number of responses provided by the respondents. It may be observed that for serial numbers 3, 6, and 7, the responses "Yes" and "Sometimes" have been combined and treated as a positive response. Similarly, for serial number 8, the responses "Yes" and "Partially True" have been clubbed together and considered as positive responses for the purpose of analysis.

Based on the responses, the findings were examined to determine whether they support the null hypothesis or the alternative hypothesis. The responses to questions 1, 2, 3, 4, and 8 support the null hypothesis, indicating that social media has not significantly reduced teenagers' interactions. In contrast, the responses to questions 5, 6, and 7 support the alternative hypothesis, suggesting that social media has decreased teenagers' interactions with their family members and friends

Conclusion

The findings show mixed evidence regarding the hypothesis. Social Media appears to negatively affect family life in some areas such as reducing family enjoyment, increasing distraction while sitting with family members, and creating detachment from family responsibilities. However, it does not show a clear decrease in interactions with siblings, parents, relatives and friends. Social Media has decreased interactions with friends is partially supported by the data

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