

Viktoriiia Zinchenko,
Candidate of Pedagogical Sciences, Associate Professor,
Department of Civil Law and Humanities, Faculty No. 2,
Kryvyi Rih Educational and Scientific Institute
of the Donetsk State University of Internal Affairs

DEPENDENCE OF YOUTH ON SOCIAL NETWORKS

Over the last ten years, the opinion about social networks has changed radically. If at the beginning they were perceived as a platform for communication or an entertainment area, now for many it is a place of work, obtaining information in interesting forms.

In Ukraine, one of the most popular social networks among young people is Instagram – 82 percent among young people aged 13-15 years, 64 percent – 16-35 years old. The second place is occupied by Facebook - 61 percent, but only among young people aged 16-35. Messengers Viber and Telegram are also popular" [2]. The question of the influence of social networks on contemporary people is constantly being investigated (O. Filatova, Yu. Danko and others) and made public in the media.

A variety of methods are used to study network influence: surveys, questionnaires. Each study provides an opportunity to learn about the state of the problem only in a certain period of time, and therefore this data must be constantly updated. The purpose of this work is to study the dependence of young people on social networks.

To conduct a survey on the topic "Addiction to social networks", seven questions were proposed. The survey was conducted online using Google Forms between the ages of 17 and 25. The results of the survey and their analysis are presented below.

The first question was "Do you use social networks?" It turned out that 94% of respondents actively use social networks. Only 6% do not use it.

Usually, social networks take up a significant amount of time, so the next question was "How much time do you spend on social networks per day?"

Answers:

- less than 1 hour – 10%;
- 1-2 hours – 34%;
- 2-3 hours – 32%;
- more than 3 hours – 24%.

So, the majority of respondents (56%) spend 1 to 3 hours a day on social networks, and 24% spend more than 3 hours a day on them. 10% of recipients spend less than an hour. The time used for viewing or working on a social network takes an average of about 2.5 hours for a contemporary.

Recently, a person's addiction to social networks is equal to alcohol, drug and gaming addiction. Thus, the assistant of the department of psychology of LNU I. Franka H. Turetska cites one of the reasons: "People often cannot realize themselves in real life, and with the help of the Internet they create a certain desired image for themselves. For such people, the Internet is a kind of medical therapy" [3]. Taking into account the amount of time respondents spent on social networks, the next question is "Are you addicted to social networks?" According to the results of the survey, 64% of respondents admit that they are addicted to social networks, 36% do not have such addiction.

Due to the fact, that people spend a lot of time on social networks, the time for communication with friends and family decreases. Accordingly, the next question is "Has the amount of time you spend with friends and family through social networks decreased?" The results of the survey showed that 46% of respondents admitted that the amount of time they spend with friends and family has decreased due to social networks. 54 % find a balance between social networks and real life and communication.

In addition to these issues, the level of dependence of social networks on productivity throughout the day, their positive and negative impact on a person's life and psyche also was found out.

To the question "Does social media affect your productivity?" received the following answers:

- Yes – 70%.
- No – 30%.

So 70% of respondents believe that social networks affect their productivity.

Regarding the impact assessment, the following results were obtained: "Do you feel negative consequences from using social networks?" answers: "Yes" – 60%; "No" – 35%; "Not sure" – 5%. According to the results of the survey, 60% of respondents feel that they have negative consequences from using social networks.

"Do you think using social media is useful for your career?"

Answers:

- Yes – 30%.
- No – 50%.
- Not sure – 20%.

Accordingly, 30% of respondents believe that the use of social networks is useful for their career, however, half of the respondents do not see the benefits of social networks, and therefore do not use them for work.

So, the survey showed that social networks are quite a popular means of communication and entertainment among young people, with the majority of respondents using them every day on their smartphones. The majority of the respondents believe that the use of social networks affects their relationships with loved ones and friends, and the majority experience negative consequences from the use of social networks. However, opinions on the usefulness of using social networks for careers were divided, with half of those surveyed believing that they are not a useful tool.

Література:

1. Данько Ю. А. Соціальні мережі як форма сучасної комунікації: плюси і мінуси. *Сучасне суспільство*. 2012. Вип. 2. С. 179-184.

2. Найпопулярнішою соцмережею серед української молоді є Інстаграм – опитування. URL: <https://www.radiosvoboda.org/a/news-molod-sotsmerezhi-doslazhennya/31406410.html> (дата звернення: 20.10.2024).

3. Позитивний та негативний вплив соціальних мереж. URL: <https://sites.google.com/site/socialnimeregi/pozitivnij-ta-negativnij-vpliv-socialnih-merez> (дата звернення: 20.10.2024).

4. Статистика соціальних мереж: Соціальні медіа перемагають – і ось чому. URL: <https://www.ranktracker.com/uk/blog/social-media-stats-social-media-is-taking-over-heres-why/> (дата звернення: 20.10.2024).