

To Ascertain awareness use of Social Media & Cybertechnology amongst Psychiatrists

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1. Background

We live in a paradox, living our reality and at the same time enjoying the Cyber world, the online domain which is very dynamic, enticing and immersing .

Social Media platforms fulfil leisure and professional needs. Friends & family have been reunited (Facebook), communication has been easy and cost effective (WhatsApp, IMO), information update has been easy (twitter) and professional connectivity has reached a new level (LinkedIn).

The immersive and enticing online world engross us causing time distortion effect, false sense of support and disinhibited behaviours.

There is ongoing Research for the neurobiological effects of Social media and cyber-devices as well as the addictive nature of these.

3. Results

Survey was completed by 50% of the participants. 80% of them were of age <50 year old. About 90% of the respondents used social media more than 3 hours per day mainly for social/professional interactions.

Focus group questions were based on themes identified from survey such as use of SMT, its pros/cons, it's negative impact on mental health, whether its use met the addiction criteria or not and how it can be balanced. The focus group themes also included use of YouTube, online shopping and online dating as an interesting point for discussion.

2. Aim

The aim is to ascertain the impact of use of social media/tech devices on the day to day life.

Methodology

It involved 2 stages:

Stage 1- Survey – data collected in 3 months from Psychiatrists

Stage 2 - 4 focus group were organised used a structured questionnaire and then transcribing it.

4. Conclusion

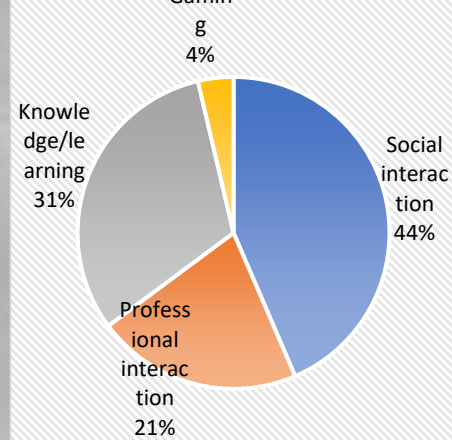
Excessive use of social media is linked to negative impact on the well being

Social media - innovative in education and learning.

Adolescents are influenced more by social media,, their excessive social media use met the threshold for addiction

Social media is the new way of life and must be balanced by awareness amongst the users.

Picture 1.1 Purpose of using social media



Picture 1.2 Those uses social media

