

# Uticaj društvenih mreža na psihofiziološki razvoj dece i adolescenata

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# Društvene mreže

facebook 

twitter 

 myspace  
.com

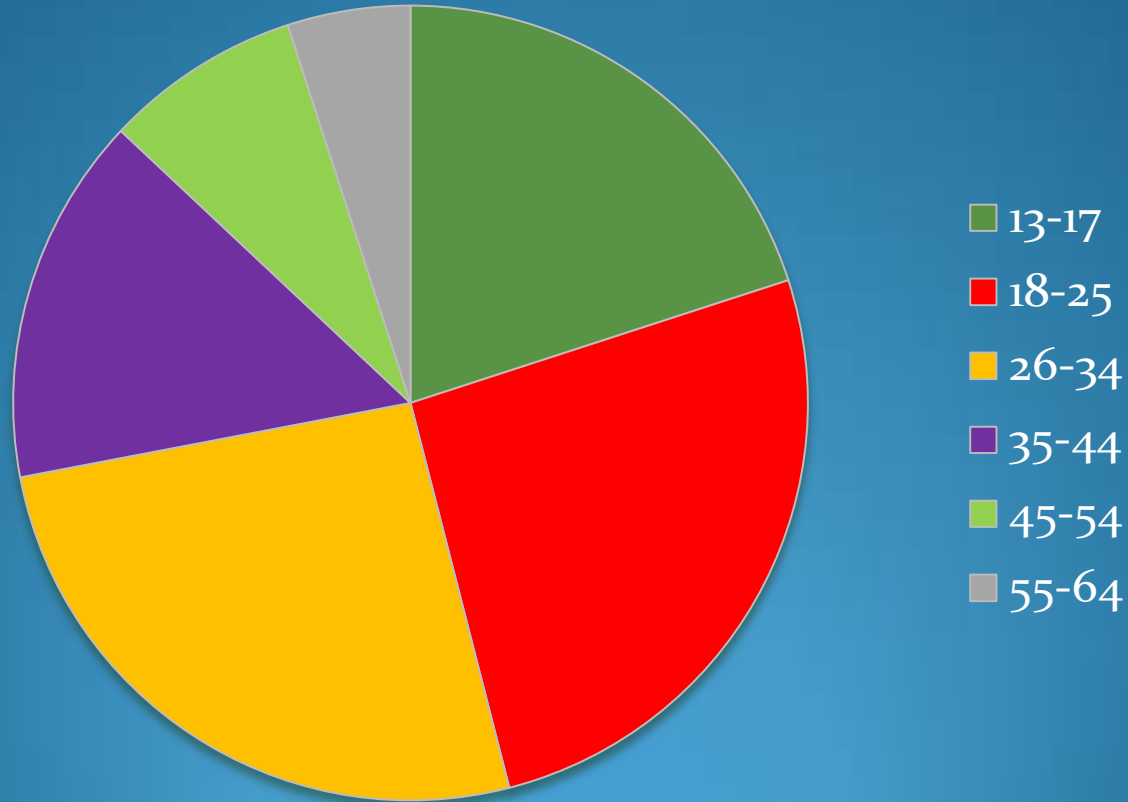
# Društvene mreže



# Facebook

- Najveća društvena mreža
- Preko 1 milijarda korisnika
- Većina korisnika su deca, adolescenti i mlade odrasle osobe
- Revolucionarne promene u ljudskom ponašanju i komunikaciji

# Facebook-distribucija korisnika po uzrastu



# Facebook i poremećaji raspoloženja

- Potencijalna veza između vremena provedenih na društvenim mrežama i depresije
- Izolovanost, površnost u komunikaciji
- Smanjenje fizičke aktivnosti

# Facebook i depresija

Pantic I, Damjanovic A, Todorovic J, Topalovic D, Bojovic-Jovic D, Ristic S, et al. Association between online social networking and depression in high school students: behavioral physiology viewpoint. Psychiatr Danub. 2012 Mar;24(1):90-3.

# Facebook i depresija

Nadjena statistički značajna korelacija između vremena provedenog na socijalnim mrežama i depresivnog statusa kod učenika srednjih škola

Saglasnost sa ostalim literaturnim podacima

Rezultati nisu isti za učenike srednjih škola i studente

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*Brief report*

## ASSOCIATION BETWEEN ONLINE SOCIAL NETWORKING AND DEPRESSION IN HIGH SCHOOL STUDENTS: BEHAVIORAL PHYSIOLOGY VIEWPOINT

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### SUMMARY

**Background:** Frequent use of Facebook and other social networks is thought to be associated with certain behavioral changes, and some authors have expressed concerns about its possible detrimental effect on mental health. In this work, we investigated the relationship between social networking and depression indicators in adolescent population.

**Subjects and methods:** Total of 160 high school students were interviewed using an anonymous, structured questionnaire and Beck Depression Inventory – second edition (BDI-II). Apart from BDI-II, students were asked to provide the data for height and weight, gender, average daily time spent on social networking sites, average time spent watching TV, and sleep duration in a 24-hour period.

**Results:** Average BDI-II score was 8.19 (SD=5.86). Average daily time spent on social networking was 1.86h (SD=2.08h), and average time spent watching TV was 2.44 h (SD=1.74h). Average body mass index of participants was 21.84 (SD=3.55) and average sleep duration was 7.37 (SD=1.82). BDI-II score indicated minimal depression in 104 students, mild depression in 46 students, and moderate depression in 10 students. Statistically significant positive correlation ( $p<0.05$ ,  $R=0.15$ ) was found between BDI-II score and the time spent on social networking.

**Conclusions:** Our results indicate that online social networking is related to depression. Additional research is required to determine the possible causal nature of this relationship.

**Key words:** depression - social network - Facebook - BDI-II - high school students

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### INTRODUCTION

Depression is one of the most frequent psychiatric mood disorders in both developed and low-income countries. Major depression affects approximately 16% of the general population one or more times during their lives (Lee et al 2010, Kessler et al 2005). Depression is a significant risk factor for highly prevalent cardiovascular disorders, and has a substantial impact on suicide incidence. Also, this disorder is one of the main causes for the inability to work and thus affects the economic situation of the individual, his family, as well

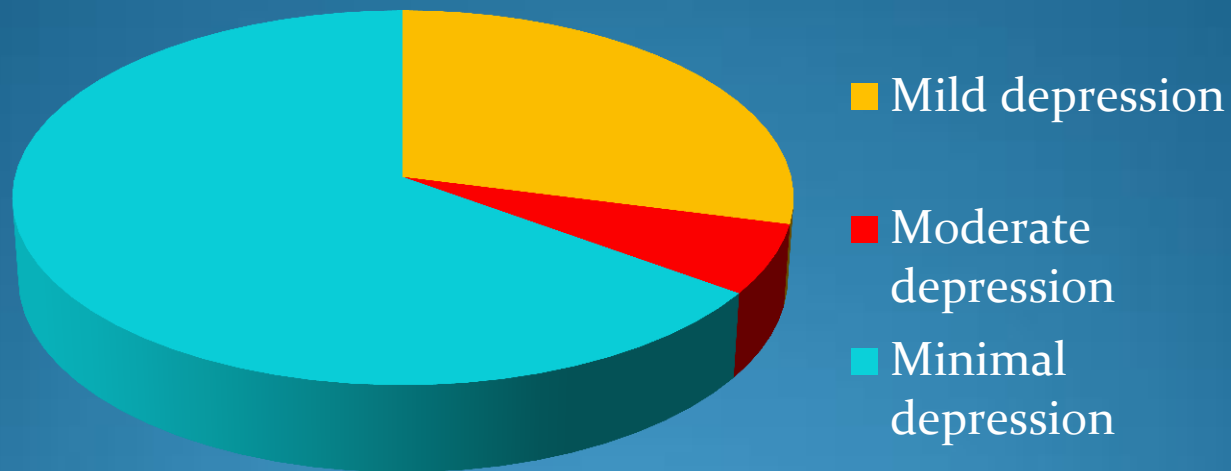
television viewing have also been linked to anxiety and/or depressive symptoms (de Wit et al. 2011).

The relationship between social networking and behavioral disorders remains unclear. Since their creation less than 10 years ago, services such as Facebook, Twitter and MySpace have recently become highly popular among both children and adults. It is estimated that in 2011, Facebook alone had more than 500 million active users. As a result, these networks have a huge impact on modern way of life, including the change in inter-personal communication and interaction.

Because social networking phenomenon is relatively



# Facebook i depresija



# Facebook bullying

- Potencijalni uzrok depresije kod adolescenata
- Faktor rizika za kasniji nastanak poremećaja raspoloženja
- Prisutan u velikom procentu učeničke populacije
- Vrh ledenog brega
- Dokumentovani pokušaji samoubistva

# Trendovi i buduća istraživanja

- Uticaj društvenih mreža na samopoštovanje (self-esteem)
- Moguća veza između korišćenja društvenih mreža i razvoja autizma i shizofrenije
- Facebook i anksioznost