Study of Mentality of Facebook Users

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The social networking sites like Facebook, twitter, etc. are just for time pass, entertainment and that's it was the view till this days but, besides this, through this sites we will be able to know the mentality of the person and his mental health through it, this is found in one research by Elizabeth Martin PhD student of University of Missouri. According to her in future through social networking sites the mental health of the person can be seen, and we can understand the thinking of person like for example,

1. To share those things on social account which have positive meaning and through which I will be liked by others.
2. Which pages the person have liked/share (religious, spiritual, educational, political, sports, Bollywood news, and etc).
3. How is his daily routine?

(in a day how many time he login and logout or how much time he is online for example is he online for late night, or in evening or early in the morning etc.) through this things we can understand the mentality of the person.

Besides many times this things can also be wrong because many times fake account can be open on it and use it, this things also have to be take in mind while studying, in fact through signature, drawing, handwriting also the human behaviour can be studied.

- Diseases which can get through internet addiction:
  1. Skin diseases
  2. Back pain
  3. Hair fall
  4. Acidity, blood pressure etc
- Diseases which can occur through constant use of computers:
  1. Social networking sites (facebook, twitter, gmail, yahoo, e-mails) are the medium through which anyone can share the virtual life of the person or can interfere in it for any reason.
  2. It is been expected by the person that, the photo or the page which he or she have been upload should get likes, comments on it, and if it doesn't happen such then person can feel that no one likes him or her and that person get depression. Also that person can feel like:
     - Absentmindedness
     - Depression
     - Problem in concentrating
     - Problems in relations

To avoid this problems:
1. Don't sit in front of computer for longer period
2. Get up after every 20 min and wash your eyes
3. Without foot wares walk on lawn every morning
4. Exercise everyday
5. If anyone calls you while working on computer the give first preference to that person
6. Give the games to children which would motivate them nor the games which can make their behaviour more aggressive

Dealing with the today's world the use of internet access and social networking sites have no other option, but while using

this thing you should keep in mind always there is no use of getting addicted towards it.