
Analysis of Various Social Networks and their Impact on Community Health

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ABSTRACT

Health is intended as a means of achieving a goal that can be functionally dealt with as a source of resources that allow people to live individually, socially and economically. Health is not just living, it is a source of daily life, and health is a positive concept that emphasizes social and personal resources and facilities as well as physical abilities. In the last decade, social networks have had an extraordinary impact on the relationships of the world's people. So that they have become an integral part of people's lives. In Iran, this phenomenon is increasing the number of enthusiasts day by day. The increasing spread of social networks among Internet users requires the study of individual and social behaviors of human beings. In this dissertation, both descriptive and field methods have been used. The statistical range of 100 people consists of men and women and the age range is heterogeneous. As a result, the increasing growth of social networks in cyberspace has made these networks a necessary means of communication, and given the impact of these networks, it is not expected that their use will decrease in the near future, and it is the users themselves. Who must consciously decide how to use these networks in the right direction and for the excellence of collective wisdom.

Key words: *Social networks, Mental health, Depression.*

INTRODUCTION

Filtering and blocking access and applying social restrictions in general is by no means a good way to control the negative reflections of this phenomenon and sometimes leads to the opposite results. In fact, by increasing the level of awareness and necessary training, it is better to lead the people of the society towards the proper and correct use of these networks and to be vaccinated against its dangers [1]. Governments must provide the necessary context for individuals in their community to reach the intellectual maturity of which part of this phenomenon is a threat and which means is an opportunity to raise their individual social levels [2]. Disruption of users' social and emotional relationships and the replacement of virtual friends with real

friends is one of the disadvantages of using virtual networks that subconsciously affect the person and is the result of constant use of these networks [3]. Addiction to virtual networks is similar in content to other addictive cases, for example, a person who constantly uses social networks during the day and night is open to many activities of daily life such as work, study, sleep, etc [4].

Dr. Mohammad Hossein Habibi, director of the Center for Addiction Sciences at the University of Tehran, says in a study of these people: "These teens are so immersed in the virtual world that they are deprived of sleep, food, responsibilities and daily activities [5]. The main problem is that these teens are addicted to the Internet." Networks have the power to

disrupt relationships and disrupt people's lives; any message, photo or personal information used by individuals on social media can later be used against the individual, as has been proven in many divorce cases in Western countries. Disrupting a person's job performance is another malfunction of virtual social networks [6].

Chatting and checking a personal page on social networks takes a lot of time during the day and part of this time is done during office hours, being online. Continuing on social networks in the short term also causes an unconscious habit of using these networks [7]. Addiction to the use of these networks becomes more pronounced when a person goes to cyberspace with a specific purpose and enters social networks without realizing it, of course, with the increasing development of newer technologies such as tablets, smartphones, etc. This has made it easier to access these networks to the point where one becomes confused and worried that one day one will not have access to social networks [8].

As a result, the increasing growth of social networks in cyberspace has made these networks an essential means of communication, and given the impact of these networks on people's daily activities, it is not expected that their use will decrease in the near future. Decide how to use these networks in the right and healthy way and for the excellence of collective understanding and wisdom. One of the reasons that the current generation has turned to this type of relationship is that they can communicate with others in this way at any time and place; Time is an issue that has become a major dilemma in advanced societies these days, and the existence of technological possibilities for communication has been chosen by humans as the appropriate solution [9].

People always have to answer three questions in their minds:

- 1) Is their online communication with the target person a healthy and effective communication or not?
- 2) Does continuing these relationships in the long run have an impact on my personality development?
- 3) On what basis can it be understood that this relationship is based on facts and in the physical world it is possible to continue this relationship with the same criteria and examples?

Social Networks Versus Social Support

Although social networks are not equal to social protections, one of the important functions of social networks is social support. Individual networks support individuals in the face of life crises. Wellman's research on social support and comparing the amount and type of these support in small cities and lawyers of cities showed that the size of supportive differences due to the size of the area where you are located is not significant [10].

As classical theorists have suggested, in modern urban life, the deterioration and degeneration of relationships and mass networks has not reduced support, but has increased the tendency toward subcultures. People living in small and large cities have received little or no social support, but differ in their supportive resources, i.e. in terms of, for example, receiving from relatives or from non-relatives. In addition, people choose specific types of networks to receive certain types of support, and each link is useful for a particular type of support, for example [11].

To consult, people tend to get help from their spouses, close relatives and friends, and spend time with close friends for supporting their friends. For job and

financial support, depending on the support of neighbors, colleagues, friends, relatives and parents in different fields, they support the individual. It should be noted that support is usually received from specific parts of the network for. For example, people usually have a good time with friends, but instead they spend a lot of crisis with their relatives. Older men receive financial aid, and women of the same age will be good conversations. Of course, Wellman mentions that these rules are not fixed and permanent, and that the responders for any particular support have a wide range of different people. For example, some always mention their relatives, and some never support their relatives [12].

Therefore, in addition to "different types of needs", different types of individual networks are required. Different people choose different types of networks based on different needs. In other words, different combinations of individuals and the support they need lead to different support choices. One type of composition includes education and relationships of relatives. Usually, the educated responders refer less to the relatives, but for financial and job support, the educated person, such as the person without education, refers to the relatives. As for the adequate support and satisfaction of those receiving the support, Fischer found that responders who had the highest number of people to support the network were more willing to increase their relationship network. If people with smaller networks (such as the elderly) considered their network members sufficient.

Individuals receive a variety of help and support from members of their network. Extensive studies on social support have shown that relatives, friends, neighbors and colleagues are specifically important resources that can be referred to if needed.

Various links provide different social support to network members. Therefore, diversity of relationships provides a wide range of support for individuals. Social support enables individuals to face the daily problems of life and life crises and to live well. In Wellman's opinion, the source of support and what kind of links provide what kind of support is of great importance.

Social support has different types: Welman emphasizes six types of support, including companionship support, emotional support, service and work support, financial support, information support and advisory support. Each of these support is received from each member of the network. Parents, spouses, close relatives, distant relatives, friends and neighbors and colleagues are all members of the network and main suppliers of different types of social support [13].

Fischer emphasizes three types of social support: consultative support (discussion of issues and problems, advice and advice), companionship support (social and entertainment activities) and action support (home care, work discussion, homework assistance and money borrowing). The number of people in the individual network who are in contact with the individual builds the network. Social networks have ambiguous and unlimited boundaries. Friends and neighbors, colleagues and even relatives travel on the networks. The largest individual network possible from direct relationships encompasses all persons who are connected on an informal basis [14].

Analysis of Social Networks

Many analysts regard the social network as space spectra that looks at earthly people. That is, from the top, they look at the relationships that bind all members of the same population together. This space view

to the social system is the study of whole networks which suggests the structure of the role of relationships in a population. The whole information network gives us one of the relationships of individuals and is necessary to define and measure some structural concepts of network analysis and leads to powerful analysis of the social structure. In the general network method, the foreign observer sees and explains the situation. He looks at relationships from the outside and examines all relationships and affairs. This information is collected from all members of the network about the rest of the members [15].

If we look at social networks from the point of view of the whole network, the pattern of communication, gaps and challenges in the network of equal role relations between the members of the system, changes in the structure of the network over time and direct and indirect links between the members of that network or the system can be investigated. Individual social networks refer to the relationships of the canonical person with others, and the relationships are examined from the perspective of the person located in the center, in common surveys, many of the analysts of social networks are focused on the study of smaller individual networks (self-centered networks) [16].

Instead of defining and examining the universe from the perspective of the external observer, individual network studies obtain a type of Ptolemy vision from the network so that the network is examined from the perspective of the people at the center of it. Individual network studies enable researchers to study community links wherever they are located and with anyone and any form that is structured. Also, individual social studies are well adapted to the main trends of survey research techniques [17]. In the

individual network method, researchers interview and discuss with some of the canonic people and ask them about the combination of their network's communication and content patterns. To measure and measure the network density (percentage of reciprocity), researchers usually ask Kanuni people in their sample about the relationships between their network members. Such studies have been initiated and expanded in Toronto (1960) [18]. Various categories of individual social networks have been presented, most of which are divided into two types of official and informal networks:

Formal Networks

This includes professional communities, unions and men's and women's associations, club, political parties, workplace governments [19].

Informal Networks

It covers neighbors, groups of friends, relatives, and relationships in coffee shops. This division is similar to the division that Putnam has from social networks. In another classification, granular has divided social networks in two ways based on the type of relationships [20].

Weak Links

In the following, the views of some experts of the social network's view are discussed:

Wellman considers social relations to be one of the issues that have been the main subject of study by scientists and researchers for the last two thousand years. He believes that in the present era, there is a kind of encouragement and concern about society and people in the modern world have always been afraid that society will reject them and face loneliness and alienation [21]. Most people think that when they see people walking or traveling alone, it's a sign that they're alone and

isolated. While they are well aware that there are supportive communities where most of their friends, neighbors, relatives and colleagues are members of these communities. Studies have shown that these members play an important role in providing different support, and each of them provides specific forms of support to members of their network. From Wellman's point of view, network analysts start their work with a simple but important principle and believe that the main work of the sociologist is to study the social structure and what it means to emphasize the social structure. In this way, we no longer have anything to do with why people behave this way, but on the structural limitations that govern people's character. Thus, we no longer see the world as willful and voluntary links, but rather the world as a set of asymmetric links with a hierarchical structure [22].

Wellman also explains the emphasis of the network's theorists: "Network analysts begin with the simple but efficient concept that the main sociological work is to examine the social structure. The most straightforward study of a social structure is the analysis of the patterns of transplantsations that bind the members of society together. Network analysts are searching for deep structures, the same regular network patterns that are found beneath the surface of often complex social systems. The actors and their behavior should be considered under the requirements of these structures. Therefore, their emphasis is on the actors with authority, but also on the structural requirement (Ritzer) [23].

Granwater believes that the analysis of social networks is a tool for creating a link between micro and macro levels in sociological theories, granular has tried to show how to use network analysis by selecting a small part of micro-

interactions, i.e. the power of interper person bonding, and connecting those micro interactions to macro phenomena such as social regulation. Therefore, he investigated the relationship between transplantsations and employment. Recent research has shown that many people find their work more through personal contact than other methods, as well as the type of relationship and transplantation is also important.

In a 1973 essay titled "The Power of Weak Links," Granwater actually introduced his theory, "Weak Link Theory". Weak link theory is one of the theories that wants to increase network relations. "In the network approach, the most attention has been paid to it, and the focus of this theory was primarily on the concepts of personal bonding in social groups and mainly primary groups. The essential idea of this theory, while simplicity, has a remarkable theoretical range. According to Granoveters, weak grafts act as bridges that can connect people to a lot of resources and can intermediately identify situations.

More discussion and emphasis of granother in the study of weak and strong links is on the form and shape of the reporters' relationships. How strong this connection is and how it can be measured. In his view, transplantation is a combination of how long these ties have been established and the emotional intensity and strength of communication, intimacy and closeness, and how much two people can count on each other's contributions and support.

In order to determine the composition of the network and the use of links in the social network, various divisions of the links and the power of the links have been divided. In most cases conceptually, relatives and friends are considered strong

ties, and acquaintances and neighbors who are not regularly connected and colleagues are classified as weak ties [24].

Suggestions for Balancing the Effects of Social Media

The process of offering new features in most social networks is to get more information from users, so one of the benefits of this principle is that by having enough trust and knowledge of the other party in our physical communication before online communication, children and adolescents are never caught. They will not be abused by cyber. The user should also keep in mind the principle of always devoting a certain amount of time to doing his online work [25].

This helps him to avoid unnecessary searches and chats for several hours on social networks. An important conclusion that may be mentioned at the end of this series of reports is that the old and new generations should have a proper interaction with each other. Meanwhile, the hardships that the old generation endures may be a little more than the new generation, and that is because; The previous generation has the task of educating the young generation and should be a little separated from their space and bring themselves closer to the computer-based living space of their children.

The ever-increasing advancement of technology causes the next generation to always be farther and farther away from the generation that keeps up with technology, and this distance will show its effect in the field of education, when the effects of online relationships show themselves in people's personal lives. So it is better to prevent before we get involved in the treatment process because sometimes there is no cure for some pains or the effects of the problem are not only on the individual but also on his family and community.

To keep up with technology, we must always keep in mind that the Web is a virtual entity and is changing at a virtual pace, so sometimes not anticipating the evolution of a technology may be more cost-effective than interacting with and managing that technology [26].

CONCLUSION

In today's world, social networks play a very important role in the relationships of people around the world. So that they have become an integral part of most people's lives. However, the basis of the emergence of these networks is considered to be the facilitation and shortening of the communication path between members of society.

In Iran, this not so emerging phenomenon is increasing its enthusiasm day by day. In the not-so-distant past, people may have had little knowledge of the nature and use of these networks, but these days, in everyday life, we see a wide range of people talking and exchanging information about these networks.

Different classes in society talk about it, men and women, young and old, literate and illiterate. Some are very opposed to them, consider their existence as a cause of social harm and moral corruption for the classes of society and want to close, close and filter them, while others consider them as manifestations of a new civilization, their existence is useful for social cohesion. But they consider it necessary.

The widespread use of this phenomenon has induced many positive and negative consequences on our lives and in some cases has imposed inevitable consequences on us. To the extent that some common terms in these networks are part of the conversational culture of people in our society. In this dissertation, we have tried

to examine the positive and negative effects of using these networks on people's morale and criticize the results.

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