Adolescents under Stress: The Blue Whale Game Challenge

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ARTICLE DETAILS

ABSTRACT

The objective of the present paper is to focus on new suicidal trend which is prevalent among adolescents when they are involved in a game i.e., blue whale game challenge. The paper would highlight the role of stress in directing adolescents towards this fatal challenge. Further authors would discuss the role of teachers and parents in saving adolescents from this challenge. The internet is an uncontrolled and uncensored entity so it makes hard to control all activities that young adults may indulge in. It is like a new addiction as everyone seems so busy and lost in this virtual world. Developers of such dangerous games are well aware of the vulnerabilities of the adolescents and know that they succumb to peer pressure easily. They are also well aware of the fact that teenagers nowadays are finding themselves unhappy, directionless, confused and lacking goals. With the growing trend of dangerous "killfie" and "blue whale challenge" it becomes important to spread awareness of the inherent hazards associated with them and adolescents considered themselves as of no use so they show physical as well as mental readiness to risk their lives simply for the sake of recognition and to prove their guts on a virtual forum. Data was collected from adolescents through interview, newspapers and internet etc. Findings of the study are discussed and suggestions for students, teachers and parents are given.

1. Introduction

Adolescence is a transition phase of life between childhood and adulthood in which children experience physical, psychological and biological changes in their personality (Byrne, Davenport & Mazanov, 2007). From psychological viewpoint, adolescence is marked as the period of identity formation and development of self-concept. Adolescents strive to establish their own identities and want to be recognized as an independent entity from their parents. It is period of physical, cognitive, affective and psychological development which signifies changes in the parents-children relationship and as a result, the shift of emotions from parents to friends occur. It is an age of development of sexual orientation to opposite sex, autonomy in decision making, hero-worship, to behave in a socially acceptable manner, self-esteem, self-concept and sense of identity resulting in overly emotional feelings because of the hormones. Just about anything related to everything can make them happy, excited, emotional, mad, angry and stressed. Adolescence is an age of developing new habits confronting with old age practices so, adolescents are often stuck between their responsibilities growing into adults and their desires as children. Excess of everything is bad so overwhelming emotions can lead them to impulsive behavior which can give rise to questioning the parents' rules, starts debating and standing up for what they believe is right. Adolescents in their newly discovered independence may also want to try new things and take risks which are due to their "careless behavior" and "do not care attitude." Sometimes peer pressure and the need to "fit in the society" or "to make acceptable" can make them behave in a certain way. Adolescents face many problems due to ignorance about many basic issues, therefore, development of misconception about sexual feelings, mental abilities, confusion in interests, unrealistic social perceptions about love and concern about future career, inexplicable perceptions about dress; fashion codes, appearance and acceptance of their body (skin color, hair type, body type and body structure) develops the superiority or inferiority complex. They start thinking that "I am not good enough" or "I am not competent" or "I am not beautiful" or "I am of no use" attitude towards themselves or towards life which leads them towards various mental health problems such as stress, anxiety and sometimes depression. The stress in adolescence can create anxiety related issues while mood swings can lead to conduct disorder or behavioral problems (Lamb, Puskar, Serika & Corcoran, 1998), (Bhola & Kapur, 2000) and (Damodaran & Paul K, 2015).

Stress is the feeling of being under too much emotional or mental strain and it is the body's reaction to any external or internal change that requires an adjustment hence, the body reacts to these changes with physical, mental and emotional responses (UmaDevi, 2011), (Pariat, Ryanjah, Joplin & Kharjana, 2014), (Devi & Mohan, 2015), (Bamuhair et al., 2015) and (Sharma & Shakir, 2017). Stress is an individual subjective unpleasant feeling of worry, tension and uneasiness over predictor events or strong desire for certain outcomes to happen. Stress can disturb the body's internal balance or equilibrium leading to emotional problems including depression, panic attacks and worry. The distressed person becomes trapped in a vicious circle and become depressed which results in harmful consequences leading to suicide (Hodges, Kline, Barbero & Flanery, 1984), (Compas, Howell, Phares, Williams & Giunta, 1989), (Banez & Compas, 1990), (DuBois, Felner, Brand, Adan & Evans, 1992) and (Nolen-Hoeksema, Girgus & Seligman, 1992). Adolescents who suffer from stress and anxiety show poor performance in academics. Anxiety has an inverse relationship (negative correlation) with academic achievement (Alam, 2001), (Singh &

Thukral, 2009), (Shakir, 2014) and (Alam, 2017). Stress to some extent works as a motivator and keeps individual motivated and active towards achieving the goal but beyond the normal level, it is detrimental to health as well as the academic performance of the individual.

2. Purpose of the Study

The purpose of the study is to find out the dangerous effect of "Blue Whale Game" which leads adolescents towards the fatal end and to make parents aware so that they identify whether their children are in this virtual trap or not.

3. Objectives of the Study

1. To explore the influence of social networking sites (SNS) on the adolescents.
2. To find out the effect of blue whale game challenges on adolescents.
3. To investigate the cases of suicides due to blue whale game challenges in India.
4. To investigate the cases of suicides due to blue whale game challenges in the world.
5. To sensitize the adolescents towards the harmful effect of social networking sites.
6. To give the plausible suggestions to students, teachers and parents for the above challenges faced by adolescents.

4. Methodology

66 adolescents were interviewed and different questions were asked regarding the usage of social networking sites and their impact on them. Besides this; newspapers, online journals, internet were used for data collection.

5. Influence of Social Networking Sites

Adolescence is considered as the most difficult phase of life and as result adolescents are not able to manage everything by their own and they become the victim of stress, anxiety and loneliness. Nowadays, due to many reasons such as family problems, dissatisfaction with life, failure, prejudices, understanding problems etc. adolescents feel upset and lonely. They start believing that happiness is available on the internet and they search it in a virtual world. Social networking sites (SNS) grabs the total attention, concentration and focus of the students and diverts them towards non-educational, unethical and inappropriate actions such as useless chatting, time killing by random searching, not doing their jobs and checking the posts/messages (Kuppuswamy & Shankar, 2010), (Jung, 2012) and (Rosen, Cheever & Carrier, 2013). Excessive use of social media may lead adolescents towards anxiety and depression (O'Keeffe & Clarke-Pearson, 2011). Social networking sites have a negative impact on academic achievement as it decreases adolescents' concentration which results in distraction and poor academic performance (Barber, 1997), (Survey Report of McCoy, 2013, pp. 1-16) and (Bhavana, 2014). Social media replaces the direct communication thus, adolescents may lose their ability to real human communication i.e., face to face with others which may results in social anxiety (Pierce, 2009), (Erwin, Turk, Heimberg, Fresco & Hantula, 2014), (Akram, Mahmud & Mahmood, 2015), (Drago, 2015),

(Parvathy & Suchithra, 2015) and (Siddiqui & Singh, 2016). Social networking site gives a danger among the young generation as cyber-crimes, bullying, defaming an individual and anti-social activities take place which might be harmful to youth as well as for society (Chowdhury & Saha, 2015), (Parvathy & Suchithra, 2015). Social networking sites also have a negative effect on the health of adolescents as they prefer to remain indoors and access these sites as a result vision problem, back pain problem, pain in the neck, loss in concentration takes place (Gupta, Arora & Gupta, 2013) and (Parvathy & Suchithra, 2015).

Social media such as Facebook, Whatsapp, Twitter, Instagram and other networks have come to dominate teenagers' spare time. It is depressing to watch friends having fun and posting selfies and the temptation to compare their own life to the perfectly depicted life that friends portray online. Selfies are self-portrait photographs taken from camera or phone. Nowadays clicking selfies have become a symbol of prestige, fun and self-expression. People often portray their adventurous side by uploading crazy selfies and it is the selfie craze that has led to heavy injuries and even deaths of those attempting to take an ultimate unique selfie. Findings from the study by scholars from Carnegie Mellon University and Indraprastha Institute of Information Delhi (Gowen, 2016) revealed that our country has had far more selfie-related deaths than any other country in the world in the last two years. Most common types of killfie/selfie involved people falling from buildings, mountains, cliffs or other extreme heights and water-related photos. The selfie obsession can also be attributed to a high increase in smart phone sales. This obsession of virtual world gives rise to a new life threatening game known as blue whale game.

6. The Blue Whale Challenge

The term "blue whale" comes from the phenomenon of beached whales as they are linked to suicide because beached whales die due to dehydration, collapsing under their own weight or drowning when high tide covers the blowhole. The blue whale game challenge is a suicide game where the player is given various tasks by an administrator for period of 50 days ranging from tasks like travelling alone, waking up at 04:20 AM to listen to the disturbing music they send, watching the horror movies they send, cutting themselves, isolating themselves, believing that there is no hope and life is worthless and finally killing themselves means committing suicide. Players try to show their guts in front of audience proving that they are capable of doing something really adventurous and are not useless so they end up killing themselves. In the challenge, each task also needs to be photographed or videotaped so that the administrators have proof of completion of the tasks assigned by them to the player including the final suicide.

Origin of the game is believed to be in Russia and caused its first suicide in 2015. Its developer is Philipp Budeikin, a student of Psychology. According to him his purpose behind inventing this challenge was to clean the society by pushing players to suicide as they have no value and worth (Baruah, 2017). He said that "the victims were a biological waste and he was cleansing the society" (Jainil, 2017). For playing this game

administrator would select people he considered as weak enough so that they can easily manipulate them (Jainil, 2017).

7. Challenges in Blue Whale Game in the Form of Task to be completed by Player

List of tasks to be completed by players are as follows:

1. Carve 'f57' on arm with the blade. It is in the name of death and suicide group in Russia.
2. Wake up at 04:20 am listening depressing songs and watching scary movies.
3. Cutting arm along with veins (three cuts).
4. Drawing whale on a piece of paper.
5. If the player agrees to become a whale, write yes with the help of blade on the leg. If not ready to do this then cut many times as punishment.
6. The task is in the code send by curators to the players.
7. Carve 'f40' with a blade on the arm. It is on the name of another death and suicide group in Russia.
8. Put status #I_am_Whale.
9. To overcome fear.
10. To get up at 04:20 am and go to the roof
11. To make a drawing of the whale on the hand.
12. To watch scary videos all day.
13. To listen to the music send by game administrators.
14. To cut lip.
15. To poke with the needle arm.
16. To hurt oneself.
17. To go to the highest roof one can find and to stand on the edge.
18. To climb on a crane or at least try to do this.
19. To go to the bridge and stand on its edge.
20. Trust worthiness is checked by the curators of the challenge.
21. To talk with another whale (someone who is also playing the game) on skype.
22. To sit down on the edge of the roof with feet dangling.
23. Another task is hidden in a code send by curators.
24. Secret task.
25. To meet with a whale.
26. Curators tell the time and date of your death and one has to accept it.
27. To wake up at 04:20 am and go to any railroad or track of adolescent's area.
28. Not to talk with anyone.
29. To take an oath that adolescent is a whale.
30. 30-49 tasks include to wake up at 04:20 am daily, to watch scary videos, listen to the depressing music send by curators, to make cuts on body each day and to talk with a whale.
31. To jump off from a high roof and to give your life.

8. No Human is a Biological Waste

Equality and dignity is a value and also a legal principle. Dignity is upheld when people have guaranteed full access to basic human rights in the context of equal opportunities without any discriminatory treatment based on gender, age, religion, colour, social status, place of residence and physical conditions of individuals including healthy, differently abled etc. Every human being is valuable and has an inherent right to life as every individual has something of value to contribute. Many people have talent and skill that they do not even realize. Individual as a part of society has moral duty to empower people to grow their abilities and learn new skills and to think what they can do instead of thinking of what they cannot. Humans follow the principle of "unique nature and nurture." Altruism, cooperation, caring, understanding and empathy made "Homo Sapiens" species unique and our evolutionary history tells us about the collective child-rearing, caring for elders and the sick and to respect every one. This is a miracle that humans have reproduced in each generation and that each and every-one of us is able to walk, think, talk, listen, feel, taste and imagine.

If the person is attempting suicide, believing himself/herself to be worthless is simply wrong. Society should counsel and encourage them to choose life, purpose and helps them to recognize their actual value. As mentioned in Article I of the United Nation's Universal Declaration of Human Rights (1948) "all human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood."

In the last we can sum it up as:

• The more positive thinking one has, the higher his/her value will actually become.
• The more depressed or self-hating the one, the less is his/her worth.
• No human being is a biological waste as every human has something important to contribute which they do not even realize.

9. Cases of Blue Whale Challenges

INDIA

Sr. No.	CASES	DATE	REASON	SOURCE
1.	A 14 year old boy named Manpreet Singh, a student of class IX of Bombay Cambridge School in Mumbai.	30 July 2017	jumped to death from the seventh floor of a building	"Delhi woman Facebook post", 2017
2.	Anken Dev, a 14 year old, student of class X in Anandpur, West Bengal committed suicide.	12 August 2017	His body was found in the bathroom and his face was covered in a plastic bag with a cord	"Student committed suicide", 2017
3.	Class VII student in Indore was pulled away before he could take the final leap.	10 August 2017	He apparently recorded all 50 stages in his school diary	"Student saved from death", 2017
4.	J. Niveditha, a 24 year old student from	19 August	Neighbours told local police that	"Chennai girl jumped from

	Chennai, jumped from her seventh floor flat in Virugambakkam around 11 pm on Monday night and landed on a car parked below.	2017	she was looking depressed for the past few days.	seventh floor", 2017
5.	A 16 year old Delhi boy jumped off the fourth floor a building in Ashok Vihar.	20 August 2017	This case has association with Blue Whale Challenge as link of this game is considered as a probe in his suicide	"16 year old jumped from the fourth floor", 2017
6.	A Boy from West Midnapore confessed that he had read of the steps that were believed to be a part of the game.	25 August 2017	A friend of him sent a photo of whale and in influence of his friend he cut himself to do it on his arm	"Boy confessed that he played fatal game", 2017
7.	In Kerala, two boys committed suicide	26 August 2017	Mothers claimed that their sons committed suicide under influence of the challenge	"2 boys of Kerala committed suicide", 2017
8.	A 16 year old, class X student from Jaipur, Rajasthan, left home on Monday and was rescued in Churchgate area in Mumbai by city Police.	13 August 2017	He was tracked by the location of his mobile phone and a knife was also recovered from his possession. He said that he was in the last stage of the game	"Jaipur boy flees home", 2017
9.	Vignesh, 19 year old college student, Thirumanglam (Madurai) committed suicide on Wednesday.	30 August 2017	He was found hanging from a ceiling fan at 04:15 pm and the whale was carved on his arm.	"19 year old committed suicide", 2017.
10.	A 17 year old Class XI student of Delhi admitted to hospital in Dwarka with severe injuries on his hand and face.	2 September 2017	He admitted that he had downloaded the deadly blue whale game and reached the halfway point where he was given the task of self-injuries so he used a compass from his geometry box for this	"Student admitted to hospital", 2017
11.	Nishant (Mintu) a 13 year old boy class VII student of town Alam, Kandhli (Shamli) committed suicide on 21 September, Thursday.	21 September 2017	His friends told that he played blue whale game on his friends' phone and discussed about the games' tasks with his friends.	"13 year old committed suicide", 2017

ARGENTINA

Sr. No.	CASES	REASON
1.	On 27 June 2017, 16 year old Benjamín Palavecino died in the San Martín de Paraná hospital in the Entre Ríos.	He was reportedly hospitalized after attempting to complete the final suicide challenge of blue whale.
2.	In San Juan a 14 year old boy was admitted to intensive care.	He participated in the blue whale Challenge
3.	In La Plata, the grandparents of a 12 year old girl complained to a police station	she had wounded her arm with a sharp object due to challenge

BRAZIL

Sr. No.	CASES	REASON
1.	Deputy Pastor of the Christian Social Party, Joao Luiz, Alagos, in Maceio reported that his niece committed suicide	Under the influence of the blue whale game
2.	A 15 year old student living in the municipality of Cabo de Santo Agostinho in the Recife metropolitan area was pulled back when she was on the parapet of the Buarque de Macedo Bridge as she was about to jump from it	She has several cuts on her arms including one in the shape of a whale; she was in the last phase of the challenge
3.	A 17 year old boy from Bauru, Sao Paulo wrote on Facebook minutes before attempting to jump on overpass that blame it on the whale	But he was saved by firefighters
4.	In Sao Paulo couple Luis Fernando Hauy Kafrune and Kaena Novaes Maciel aged 19 and 18 years stayed at Maksoud Plaza, a luxury hotel in the region of the Paulista Avenue where Luis killed Kaena with a bullet in the head and then committed suicide	Under the influence of blue whale challenge.
5.	Federal District, on 5 May 2017, four hearing impaired adolescents were prevented from committing suicide by the Military Police.	They were playing Blue Whale

The victims of the challenge were found in MatoGrosso and in the Uberlandia, Manhuac, Para de Minas, Belo Horizonte, MinasGerais and Feira de Santana, Bahia. In Juazeiro a girl supposedly disappeared because of the game. A mother managed to prevent the suicide of her daughter in Rio de Janeiro. In the state of Parana, Florestopolis, the game claimed another victim. A girl from Paulista (Pernambuco) gave testimony after being threatened in the challenge of the Blue Whale and in Recife, a 19 year old girl got to the penultimate stage of the game. In Paraíba, police identified 20 young people involved in playing the game. In Pernambuco, seven were identified.

CHILE

Sr. No.	CASES	REASON
1.	A mother reported to the police that her 12 year old daughter had 15 cuts on her arm that formed the design of a whale	Under the influence of Blue Whale Challenge in Antofagasta.
2.	In Padre Las Casas a 13 year old girl along with three other friends, reached the tenth stage, making cuts in her arms revealing that she was on the last stage.	They played the Blue Whale Challenge
3.	An 11 year old boy in Temuco declined to participate in the challenge after being contacted by a profile named Ballena Azul	He accepted that he got an invitation to join the game on Facebook from an unidentified woman

CHINA

A suicide group was founded by a 10 year old girl in Ningbo, Zhejiang girl who posted several photos of her self-mutilation related to the Blue Whale Challenge. Since then authorities began to monitors activities of the people on forums and live broadcasts. Chinese authorities became concerned in summer 2017 with the link between the destructive Blue Whale game and the budding self-harm trend of the virtual world which fantasizes teenagers to suicide for proving their worth and guts.

ITALY

In Italy first coverage on Blue Whale Challenge appeared on 3 June 2016, in the newspaper La stampa as a bad joke. In the national newspapers Il Giornale and Il Messaggero the challenge was mentioned again as a real Russian game with 50 strict rules and powerful tutors. The suicide of a teenager in Leghorn was linked to the challenge by some newspapers. On 14 May 2017, a TV report by Le Irene about the Blue Whale Challenge on the national channel Italia again linked the challenge to the suicide in Leghorn. The report showed several suicide cases mostly videos on Live Leak depicting adults accepting the challenge. The footage was evidence of teenagers playing the game and committing suicide.

KENYA

Jamie Njenga, a student at J. G. Kiereini Secondary School, Kiambu Country, Nairobi, had played the Blue Whale challenge. He committed suicide on 3 May 2017 by hanging himself on the balcony of a hotel owned by his grandfather in the city.

PARAGUAY

Federico Pedro Aguilera 22 year old computer scientist by profession was found with a sprat it's a type of sword, pierced his chest after playing Blue Whale Challenge.

PORTUGAL

An 18 year old girl threw herself from an overpass to the railway line, she was committing suicide and found with mutilations on her body. At least 90 victims of the Blue Whale Challenge were identified in Portugal. So the severity of danger of this game is understood by this fact.

RUSSIA

Sr. No.	CASES	REASON
1.	15 year old 2 girls in February 2017 jumped off a building in Siberia after completing 50 tasks sent to them by administrators of the challenge.	Before committing suicide they left messages on their social network pages by uploading the photo of a large blue whale captioned "End".
2.	A girl named Ekaterina, 15 year old, in February 2017, was in critical condition after throwing herself out of an apartment and falling on snow-covered ground in the town of Krasnoyarsk, Siberia.	Under the influence of blue whale game challenge

In March 2017, authorities were investigating multiple cases of suicide related to the Blue Whale Challenge.

SAUDIA ARABIA

A 13-year-old boy named Metlaq Affas Albugami on June 5 2017, committed suicide in his room where his body was discovered by his mother. He used his PlayStation wires to commit suicide.

SERBIA

Velika Plana a 13 year old girl injured his hand, accepting that she had done so because of Blue Whale Challenge.

UNITED STATES

A 15 year old boy was found dead in San Antonio, Texas on July 8. A cellphone had broadcast about the suicide of the teen. A 16 year old girl from Atlanta killed herself because of the blue

whale challenge. 32 year old Natasha becomes victim to the blue whale challenge.

VENEZUELA

A 15 year old student of Nazareth College in Puerto Ordaz, committed suicide after playing Blue Whale on the night of 27 April 2017.

10. Findings and conclusion of the study

Symptoms of adolescents under the influence of blue whale game challenges -

1. If a child spends long hours on his smart phone, tablets and on I pads and his/her intensity of craving for these gadgets increasing day by day. This is the initial sign of blue whale game challenge trap.
2. If a child suddenly wakes up early in the morning as nearly all the blue whale challenge involves waking up at 04:00 am so he feels drowsy.
3. If a child suddenly takes interest in watching horror or psychedelic movies and listening sad songs all of the time.
4. If a child suddenly likes to spend times alone and started to lock in his/her room and enjoyed alone time a lot.
5. If a child has started spending time on terrace alone.
6. If a child has hurt marks on arms/ thighs.
7. If a child has started putting strange and depressing updates on social media.
8. If a child has started sympathizes with children who commit suicide under the influence of Blue Whale Challenge.
9. If a child suddenly withdraws himself/herself from family and friends.
10. If a child shows a sudden outburst of anger and overwhelming emotions.
11. If a child loses interest in activities that he/she previously enjoyed a lot.

11. Suggestions

On the basis of above mentioned findings suggestions are proposed for students, teachers and for parents which are as follows:

a. For Students

1. The students must not try to copy, imitate and follow their peers blindly. They must think before they act and take their decisions wisely.
2. They must involve themselves in yoga, games, physical exercises, sleep, recreation and meditation which helps in eliminating stress and anxiety.
3. Try to be happy, develop purity in feelings and overcome the negative emotions like anger, lust, greed, worry, hatred, competition in negative sense and jealousy.
4. Spend quality time with family, elders and with siblings. Talk freely about all the problems with them as they suggest best possible ways and gives suitable advice.

5. Consult teachers if feel any type of problem. Attend workshops and take interest in activities which makes them mentally healthy.
6. The student must engage themselves in productive and creative work in free time as the empty mind is devils' house.
7. The student must focus on their studies and career as it is the peak time to do to achieve something.
8. Students should access only useful sites such as Wikipedia, online learning material sites etc.

b. For Teachers

1. Teachers and other school staff should keep a close watch on all those who may be showing abnormal and erratic behaviour as they may be playing online games such as the Blue Whale Challenge.
2. If a student seems lost, lonely and depressed school managements must take serious and immediate action to get them involved socially in the real world and divert their mind by providing activities or giving them something new to learn.
3. School teachers need to spend more time with students.
4. The teachers should keep an eye on adolescents' routine and notice discrepancies.
5. It is the duty of teachers to make students aware of the dangers of games such as Blue Whale.
6. If a student seems prone to depression and vulnerability, provide emotional support without judging them.
7. The teachers should try to explore the problem by having a friendly discussion with their students.
8. The teacher should encourage school authorities and administration to organize mental health activities in school.

c. For Parents

1. Parents should assist their child to take care of themselves, tell them that it is okay to feel the way they are feeling and its ok being himself/herself.
2. Encourage your child to do exercise, yoga, meditation as physical activity helps in keeping the serotonin (it creates good feelings and happiness) levels high.
3. Allow children to let them talk to you without any hesitation or boundaries. Listen to them without judging/avoiding and advice when they are in confusion/trouble/need.
4. Share your experiences of puberty and let your child talk to an older sibling who has gone through the same phase. It will emphasize that it is okay to feel the way as they do.
5. Indulge your child in a creative activity which can help them in channelizing their emotions as an empty mind is a house of devil.
6. Gain your child's trust as it is crucial if you want to help him/her with behavioral issues. Talk to them and listen patiently to what they have to say. Do not judge or criticize them as it could worsen their behavior.
7. Let your child know that you love them just as they are because he/she is your child. Encourage them to be

true to themselves and not take on a personality just to please others or to proof something to someone.

8. Timely check your child company as it matters a lot. You will have to intervene if you see them falling into bad company. Remember adolescents are sensitive and may not take criticism well that is why adolescence is considered as the rebellion phase.

9. Keep an eye on your child's behavior and change in his or her appetite, sleep patterns, and moods.

10. Do not spy on your child or accuse them of any wrongdoing. Encourage them to talk and be honest and tell them what your concerns are and discuss the problems openly with them, it will build the trust and bonding.

11. Parents should synchronize their phone with your child's phone/ gadgets and keep a track on their mobile activity.

12. Educational Implications of the Study

Some important conclusions have been derived on the basis of obtained results. These conclusions are important for educational planners, policymakers, government, teachers, parents and other stakeholders. Educational implications of the present study are as follows –

1. Teachers and parents should encouraged and motivate children to do their best. They should help children to set well-defined realistic goals which they can achieve. Goals which are not real and practical may cause unhappiness, anxiety, frustration and depression among children due to consequent failures.

2. School and home environment should be conducive, congenial and stimulating. Encouragement, reinforcement, appreciation, reward and praise of

children should be there so that there will be no chances of hopelessness, fear and depression.

3. Teachers and parents should act as a facilitator, motivator, guide and as a friend so that children are able to express themselves properly and openly as feeling of the acceptance, belongingness, warmth, empathy are important in personality functioning.

4. School management, educational planners, policymakers and other stake holders should arrange means like yoga, relaxation, meditation, guidance programmes and regular counseling as this will be helpful in lowering the level of anxiety, depression, frustration and loneliness.

5. Teachers and parents should provide knowledge to the children about online privacy protection act, talk to them about their online habits and about the dangers of using too much internet as the excess of everything is bad and this will have the effect on their academic achievement.

13. Conclusion

With each passing day, dependence on technology is increasing day by day as a result, the gap between the virtual and the real world is getting blurred. Social networking sites bring people together across the internet in a larger sense but it creates social isolation in particular. This results in new suicidal challenge i.e., Blue Whale Challenge, originated in Russia. It targets young children from various online portals and gradually forces them to commit suicide. Steps should be taken by teachers and parents to save adolescents from this situation by monitoring adolescent's social networking use and their friend lists, educating them about the potential hazards of social networking and reminding them that social networking sites are not an accurate representation of reality.

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