



# Effect of online social networking on the lifestyle of introvert and extrovert adolescents

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## ABSTRACT

The present study was undertaken to explore and compare the effect of online social networking on the lifestyle of 120 extrovert and introvert adolescent boys and girls. Introversion-Extroversion inventory was utilized for sample selection. An inventory on online social networking was developed and utilized to assess the effect of online social networking on the lifestyle of extrovert and introvert adolescent boys and girls. Mean per cent scores and t-test were computed for analysis of data. The results of the study revealed that effect of online social networking on lifestyle emerged out to be more positive than negative in majority of adolescents. No significant difference was observed among introvert and extrovert boys while significant difference at 5 per cent level of significance was observed among introvert and extrovert girls.