

Negative Impact of Social Media among Higher Secondary School Children

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Abstract

India is facing a transition period in the field of Information and Communication Technology, being the second largest populated country in the world, it is enforced to confront many diverse problems. The scope for accomplishing the complicity of the delinquent situations should be the priority in order to gain the highest benefit, out of any new innovations, and computer age is one of such type of feature, which gives us more productive out comes and also the negative out comes. Now a days, the student community is forced to use internet facilities to enhance their knowledge but many a times they get deviated and indulge in destructive activities, so, in order to find out the negative effects of social media, this study is conducted among higher secondary schools students using descriptive research methodology and purposive sampling method with the questionnaire for data collection and the research revealed that the age, gender, time spent in internet and the type of device used for internet were the predominate factors towards the negative impact of social media among higher secondary students.

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INTRODUCTION

These days, social media is continually included in every walk of life. Individuals are increasingly relying on their computers, telephones, posting pictures, updating statuses, spreading informing to and froth and fascinated in other things in media. Although social media is extremely appreciated in a few different things in enhancing knowledge and broad area of study, it has a ill effect on psychological well-being.

The positive effects of social media is extraordinary for making and keeping up relationships with individuals and show casing creativity, individuality, social status, emotional and community support. But, the negative effects of social media are adverse like increasing levels of depression and anxiety, deprived in sleeping quality, disappointment with bodily image, Fear of Missing out, fake relationships and cyber bullying. People who are connected with social media are viewed as a strange personalities with no part in the society.

Negative effects of social media

Depression and Anxiety

Spending too much time on social media sites could indirectly induce mood. After effect of excessive usage of social media would end up in poor mental health status.

Cyber bullying

In past days bullying was done directly face to face but now a days it is being done through social medias without revealing their identity in to the public. Many cases in India are daily report to cybercrime for cybercrime.

FOMO (Fear of Missing Out)

People with less connected to social media are considered as strange and they are simply treated as aliens. People state that they have fear of missing out many fun, enjoyment, trills, information and happenings around them if they are not in social media.

Negative Body Image

To spread trends and fashions social media is the only place to get wide range of audience, so, people are captivated with the celebrities of mass media and tend to replicate it in their real life which mostly end up with consequences. Due to the urge to portray themselves as celebrities by giving similar pose to selfie pictures and developing cover story in the media page made people run to reach the unreachable levels and get exploited

Unhealthy Sleep Patterns

Extended hour of sleep becomes the pattern of social media users, they spend their night sleep time for surfing and browsing in internet and gratify their instant need. Poor sleeping makes one to less efficient in their day life and their mental and physical activities may reflect their tiresome nature.

General Addiction

Frequent online users are prone to media addiction and it is said to be more dangerous than addiction to alcohol and cigarettes. Though social media addiction does not come under substance abuse, it is widely covered under behavioral addiction. Social media applications like Whats App, Facebook, Twitter, Instagram and TikTok are the most popular applications which the whole media society runs behind.

II. REVIEW OF LITERATURE

[1] Frankie Asare-Donkoh (2018) ,in his research study 'Impact of Social Media on Ghanaian High School Students' Ghana used multi-stage sampling method, among senior high school students aged between 15 to 17 years in 2 selected districts from 5 regions in Ghana, found that social media addiction was very predominant in senior high school students in Ghana. Facebook Messenger, Tango, Viber and WhatsApp are prime social media platforms among all the 300 respondents. The urban students used internet connectivity in the their computers, laptops and mobile phones which are smart phones but majority of the rural students used only smart phones.

[2] Gilbert M. Talaue1& et al.,(2018), in their study, 'The Impact of Social Media on Academic Performance of Selected College Students', used Descriptive research design for studying 60 students from the department of Business Administration and Management Information System in a selected private college during the academic year 2017-2018 in summer semester and the found out that the students had dual impact stating that they use social media for making new friend and relationships with known or unknown people in the social networks, also, they spend more hours in social media in order to satisfy their personal needs and for the socialization purpose. At the same time, students use internet for the fulfilling their academic requirements. Thus, it was concluded that social media gives both positive and negative impacts for students.

[3] Raymond OwusuBoateng&AfuaAmankwaa (2016) , in their study ‘The Impact of Social Media on Student Academic Life in Higher’, the study used a qualitative approach in evaluating the influences among 10 participants under conveniently sampling method and using interview schedule in a period of two weeks. By studying these phenomenal conditions, the research recorded the results and found out that the respondents used wide range of social media platforms and internet for their academic progress.

[4] VishrantiRaut, PrafullaPatil (2016) in their study ‘Use of Social Media in Education: Positive and Negative impact on the students’, revealed the practical problems of using internet medium of communication and its uses for educations. From this literature survey, the research has found out that the educational use of social media brings positive effects and the time pass use of social media brings negative effects among the users. The social media devices are found to be personal so the use of social media platforms are also became very personal which is always dependent on the users rather than the usage of social media.

III. RESEARCH METHODOLOGY

Objectives of the study

- [1] To find out the demographic profile of the respondents.
- [2] To study the most commonly used Social Media Networks among the respondents.
- [3] To analyze the type of device used for social media networks among the respondents.
- [4] To evaluate the time spent in social media networks among the respondents.
- [5] To investigate the negative effects of social media on studies among the respondents.

Hypotheses of the study

- [1] There is a relationship between the age of the respondents and most commonly used social media networks.
- [2] There is a relationship between the age of the respondents and type of device used for social media networks.
- [3] There is a relationship between the age of the respondents and time spent in social media networks.
- [4] There is a relationship between the gender of the respondents and type of device used for social media
- [5] There is a relationship between the gender of the respondents and time spent in social media networks
- [6] There is a relationship between the locality of the respondents and negative impact of social media on studies.

Research Design:

Descriptive research design is taken for the study as it describes the phenomenon of the research problem in detail.

Sample Size:

100 students from 11th & 12th grade from a private higher secondary school in Karaikudi district, were drawn as sample for the research study.

Sample Method

Purposive sampling method was used to draw the samples. Purposive sampling is also called as convenient sampling, which is taken to fulfill the purpose of the study.

Data Collection Method

The data were collected using questionnaire which was given in both English and Tamil for the convenience of the respondents to understand and respond to the research questions

Analysis and Interpretation

Figure I

Frequency distribution of the respondents

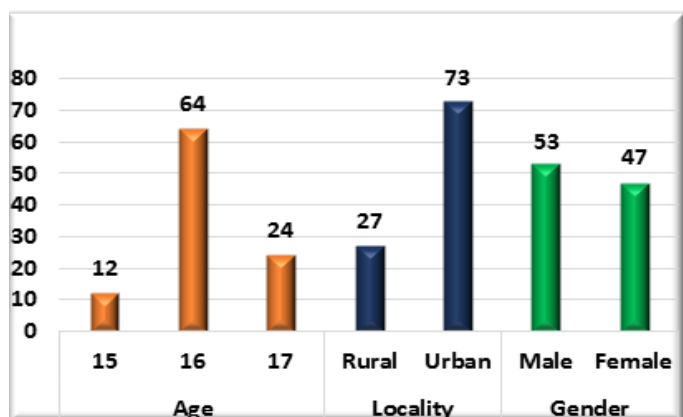


Table 1

Relationship between the Age of the respondents and Most commonly used Social Media Networks

| Age of Children | Most commonly used Social Media Networks | | | | Total | Statistical Inference (Pearson Chi-square Test) |
|-----------------|--|-----------|---------|--------|-------|---|
| | Face book | Whats app | Twitter | Others | | |
| 15 | 3 | 7 | 1 | 1 | 12 | P Value - 0.805 Df - 6 |
| 16 | 12 | 45 | 2 | 5 | 64 | |
| 17 | 6 | 15 | 0 | 3 | 24 | |
| Total | 21 | 67 | 3 | 9 | 100 | |

The above table indicates that the more number of the respondents who are in the age group of 16 years are using 'whats app' application than any other social media networks and its p-value $0.805 > 0.05$, Hence, the null hypothesis is rejected and the alternative hypothesis is accepted.

Table 2

Relationship between the Age of the respondents and Type of device used for social media networks

| Age of Children | Type of device used for social media networks | | | | Total | Statistical Inference (Pearson Chi-square Test) |
|-----------------|---|--------|----------|-------|-------|---|
| | Smart phone | laptop | computer | I pad | | |
| 15 | 3 | 7 | 1 | 1 | 12 | P Value - 0.805 Df - 6 |
| 16 | 12 | 45 | 2 | 5 | 64 | |
| 17 | 6 | 15 | 0 | 3 | 24 | |
| Total | 21 | 67 | 3 | 9 | 100 | |

| | | | | | | |
|-------|----|---|---|---|-----|----------------------------------|
| 15 | 11 | 1 | 0 | 0 | 12 | P Value - 0.979 Df - 6 |
| 16 | 57 | 5 | 1 | 1 | 64 | |
| 17 | 22 | 2 | 0 | 0 | 24 | |
| Total | 90 | 8 | 1 | 1 | 100 | |

The above table shows that majority of 90% of the smart phone users are predominantly in the age group of 16 years and its p-value $0.805 > 0.05$, Hence, the null hypothesis is rejected and the alternative hypothesis is accepted.

Table 3

Relationship between the age of the respondents and Time spent in social media networks

| Age of Children | Time spent in social media networks | | | Total | Statistical Inference (Pearson Chi-square Test) |
|-----------------|-------------------------------------|-----------|---------------|-------|---|
| | Less than 2 hours | 3-5 hours | Above 6 hours | | |
| 15 | 8 | 3 | 1 | 12 | P Value - 0.658 Df - 4 |
| 16 | 50 | 7 | 7 | 64 | |
| 17 | 17 | 3 | 4 | 24 | |
| Total | 75 | 13 | 12 | 100 | |

The table no:3, states that 50% of the respondents spend 2 hours and less in social media networks and the majority of the respondents are from the age group of 16 years and the p value - $0.658 > 0.05$, So, the null hypothesis is rejected and the alternative hypothesis is accepted.

Table 4

Relationship between the Gender of the respondents and Type of Social Media Network Usage

| Gender | Type of Social Media Network Usage | | | | Total | Statistical Inference (Chi-square Test) |
|--------|------------------------------------|-----------|---------|--------|-------|---|
| | Face book | Whats app | Twitter | Others | | |
| Male | 17 | 32 | 1 | 3 | 53 | P Value - 0.027 Df - 3 |
| Female | 4 | 35 | 2 | 6 | 47 | |
| Total | 21 | 67 | 3 | 9 | 100 | |

From the table no:4, it is evident that majority of 67% of the respondents are using WhatsApp which is predominately activated through smart phones. The chi-square test confirms that there is strong

relationship between the gender of the respondents and the type of social media network usage. The p value is $0.027 < 0.05$, Hence, the null hypothesis is rejected and alternative hypothesis is accepted.

Table 5

Relationship between the Gender of the respondents and Time spent in social media networks

| Gender | Time spent in social media networks | | | Total | Statistical Inference (Chi-square Test) |
|--------|-------------------------------------|-------------|---------------|-------|---|
| | 2 hours | 3 - 5 hours | Above 5 hours | | |
| Male | 35 | 7 | 11 | 53 | P Value – 0.015 Df - 2 |
| Female | 40 | 6 | 1 | 47 | |
| Total | 75 | 13 | 12 | 100 | |

The above table emphasizes that majority of 75% of the respondents spent at least 2 hours in a day and from the table no: we could predict that students use WhatsApp, which is very much available at home with parents. The p value is $0.015 < 0.05$, Hence, the null hypothesis is rejected and alternative hypothesis is accepted.

Table 6

Relationship between the Locality of the respondents and Negative effects of social media on studies

| Locality | Negative effects of social media on studies | | | | | Total | Statistical Inference (Chi-square Test) |
|----------|---|----|----|----|-----|-------|---|
| | SA | A | N | D | SDA | | |
| Rural | 13 | 6 | 4 | 3 | 1 | 27 | P Value – 0.154 Df - 4 |
| Urban | 17 | 23 | 14 | 9 | 10 | 73 | |
| Total | 30 | 29 | 18 | 12 | 11 | 100 | |

* SA - Strongly Agree, A - Agree, N – Neutral, D - Dis

Agree, SDA - Strongly Disagree

The above table shows that majority of 73% of the respondents live in urban area and 40% of the respondents agree that social media affects the concentration on studies. The p value is $0.154 >$

0.05 , Hence, the alternative hypothesis is rejected and null hypothesis is accepted.

Findings

Majority of the findings through the analysis, using SPSS version 22.0 and the statistic tools like percentage, frequency distribution and chi-square test were applied to find the following facts of the respondents of the study.

64% of the respondents were in the age group of 16 years.

73% of the respondents were from urban places

53% of the respondents were male respondents

The following hypotheses were tested by chi-square statistical test and the results are as below,

| S.No | Hypotheses | Significance (Chi-square Test) |
|------|--|--------------------------------|
| 1 | Ha - There is a relationship between the age of the respondents and most commonly used social media networks. | <i>Significant</i> |
| 2 | Ha -There is a relationship between the age of the respondents and type of device used for social media networks. | <i>Significant</i> |
| 3 | Ha - There is a relationship between the age of the respondents and time spent in social media networks. | <i>Significant</i> |
| 4 | Ha - There is a relationship between the gender of the respondents and type of device used for social media | <i>Not Significant</i> |
| 5 | Ha - There is a relationship between the gender of the | <i>Significant</i> |

| | | |
|---|---|------------------------|
| | respondents and time spent in social media networks | |
| 6 | Ha - There is a relationship between the locality of the respondents and negative impact of social media on studies. | <i>Not Significant</i> |

CONCLUSION

The future of Education in India is significantly focusing on the Communication and Information Technology, It is the right time to analyze the outcomes of the impact of internet usage among the user and especially, the students in the early adolescents are prove to get addicted and get diverted from the studies. The over usage of social media is not always considered as an issues unless it assaults social or self-destruction. Thus, negative effects of social media among the students in schools are alarming issue, which is needed to be addressed.

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