



“Assess The Impact Of WhatsApp Usage Among B.Sc Nursing Student Of College Of Nursing- Pondicherry Institute Of Medical Sciences, Puducherry”.

¹ Divya. S, ² Christeen Birgid. A, ³ Lalitha. R, ⁴ Vinodh Selvan Vincent

¹ Nursing Officer, ² Professor, ³ Assistant Professor, ⁴ Assistant Professor

¹ Department of Psychiatry,

¹ Pondicherry Institute Of Medical Sciences, Puducherry, India

Abstract: The present study had assessed the impact of WhatsApp usage on academic activities, communication, physical and psychological well being among B.Sc. Nursing Students. The Positive impact identified in the study was using WhatsApp for sharing information related to e-learning for academic purposes, quick media for sending and receiving information from each other and to know the global events at once. With regard to the aspects of communication, the students kept in touch with their school friends and their relationships with the family members were also improved. In physical and psychological well being, most of the students experienced that they are comfortable with the usage of WhatsApp.

Index Terms - WhatsApp Usage, Academic Activities, Communication and Physical and Psychological Well Being, B.Sc. Nursing student.

I. INTRODUCTION

WhatsApp has become very popular. This application is highly addictive and can create a great impact on regular users. WhatsApp is one of the technologies that is commonly used on specific mobile phones and computers. Since the Smart phones became popular, many messaging services were launched and WhatsApp has become very popular among them. WhatsApp got the top list of instant messaging (IM) application in India with 56% of users. Online social networks are currently most popular Internet activities. Recently 2-3 of the global online population visit and participate in the social networks, confirming its worldwide popularity. Ratings of the Monthly Active Users of WhatsApp were more than 450 million as month of March 20, 2014. Ratings of Daily Active Users of WhatsApp were approximately 315 million.

II. NEED FOR THE STUDY

A global study of the digital attitudes and behaviors of 60,500 internet users across 50 countries, in that 55% are on instant messaging every day on WhatsApp. 47 percent of the populations in Mexico and in Brazil 53% of the population were used WhatsApp. WhatsApp application had 300 million daily active Status users in worldwide. WhatsApp users worldwide as from April 2013 to of December 2017 the mobile messaging app announced that more than 1.5 billion users were monthly active, up from over 1 billion users were MAU in February 2016. Hence, it is essential to know how it is affecting the life of students and the society.

III. OBJECTIVES

1. To assess the level of impact of WhatsApp usage on academic activities, communication, physical and psychological well being.
2. To find out the correlation between the impact of WhatsApp usage on academic activities and impact of WhatsApp usage on communication.
3. To determine the association between the impact of WhatsApp usage on academic activities, communication, physical and psychological well being with selected demographic variables.

IV. RESEARCH METHODOLOGY

Quantitative approach with descriptive design was used and the study was conducted in College of Nursing, Pondicherry Institute of Medical Sciences, Puducherry.

4.1. Population and Sample

Target population of the study includes B.Sc. Nursing students studying at College of Nursing, Pondicherry Institute of Medical Sciences, Puducherry. The sample size of the present study is 100.

4.2 Data and Sources of Data

The researcher strata the samples into equal to avoid bias. In 1st year 60 students were there in that 4 students are boys so based on exclusion criteria the researcher excluded the boys now the 1st year students were 56. In 2nd year 58 students were there in that 2 students are long absent. From 3rd and 4th years students are 56 in each year. The students are equal in each year. The sample size was 100 in that the researcher wants only 25 students from each year then simple random sampling technique was adopted by the researcher. Lottery method was used for this study and each member of the sample was given unique number. In each class 56 tags were placed in a bowl and mixed thoroughly. 25 tags were picked from the bowl by the student representative in each class. Totally 25 samples were selected from each year.

4.3 Theoretical framework

Variables of the study contains research variables that is refers to the Impact of WhatsApp Usage on academic activities, communication, physical and psychological well being. Based on the extensive review of literature the investigator felt that Sister Callista Roy's Adaptation Model can be adopted as a conceptual model for the present study. Sister Callista Roy's Adaptation Model consists of various stimuli. Stimulus is something which provoke the response.

Focal stimuli are the internal or external stimuli which immediately affecting the system. In this study WhatsApp usage is the focal stimulus.

Contextual stimuli are the stimuli present in the situation that contribute to effect of focal stimulus. In this study contextual stimulus are age, year of the course, religion, residential state, familiarity with smart phones, experience of WhatsApp use, purpose of WhatsApp use, hours of spending WhatsApp and ownership of mobile phone.

Residual stimuli are the environmental factors, that effects on the situation are not clear. In this study level of impact on WhatsApp usage after administered five point likert scale questionnaire is the residual stimulus.

Throughput refers to the control mechanisms that a person uses an adaptive system. In this study throughput means academic activities, communication and physical and psychological well being related to WhatsApp.

Effectors refer to the physiologic function, self concept and role function involved in adaptation. It is classified into two. True coping skill and immature defense mechanism

Output is the outcome of the system; when the system is a person. Output refers to the person's behaviour. It is categorized as adaptive responses or ineffective responses. In this study output refers to positive impact and negative impact.

V. ANALYSIS AND RESULTS

5.1 Descriptive statistics: Frequency, Percentage, Mean and Standard Deviation were used to describe the Impact of WhatsApp Usage among B.Sc Nursing Students on academic activities, communication, physical and psychological well being.

5.2 Inferential statistics:

❖ Pearson Correlation Coefficient 2- tailed method was used to determine the correlation between the impact of WhatsApp usage on academic activities and impact of WhatsApp usage on academic activities communication.

❖ Fisher's Exact test was used to determine the association between the impact of WhatsApp usage on academic activities, communication, physical and psychological well being with selected demographic variables.

Table 5.1: Frequency and Percentage Distribution of B.Sc Nursing Students

n=100

Sl.NO	Demographic variables	Frequency (No.)	Percentage (%)
1	Age in years a. 17 years b. 18 years c. 19 years d. 20 years e. 21 years	16 27 20 17 20	16 27 20 17 20
2	Year of the course a. 1st year b. 2 nd year c. 3 rd year d. 4 th year	25 25 25 25	25 25 25 25
3	Religion a. Hindu b. Christian c. Muslim	69 29 2	69 29 2
4	Place of residential state a. Puducherry b. Tamil Nadu c. Kerala d. Others	64 18 17 1	64 18 17 1
5	Familiarity with smart phones / android users a. Yes b. No	91 9	91 9
6	Experience of WhatsApp use a. 0-2 years b. 2-4 years c. >4 years	66 27 7	66 27 7
7	Purpose of WhatsApp use a. Chatting with friends & family members b. Update of social activities & Academic c. Share videos, images, photos etc	75 14 11	75 14 11
8	How many hours do you normally spent on using WhatsApp a. < 1 hours per day b. 1 – 5 hours per day c. Above 5 hours per day	58 31 11	58 31 11
9	Ownership of mobile phone a. By own b. Friends c. Relatives	98 0 2	98 0 2

Table 5.1 reveals that with regard to age distribution majority of them 27(27%) were 18 years, 20(20%) were 19 years, 20(20%) were 21 years, 17(17%) were 20 years and 16(16%) were 17 years. With regard to year of the course 25(25%) of the students were selected from each year. With regard to religion majority of them were Hindus 69(69%), 29(29%) were Christian and 2(2%) were Muslim. With regard to Place of residential state represent that 64(64%) of them are residing in Puducherry, 18(18%) of them are from Tamilnadu, 17(17%) of them are from Kerala. 91(91%) of them are familiar with smart phones and android users and 9(9%) of them are not familiar with smart phones and android users. With regard to Experience of WhatsApp usage represent that 66(66%) of them are using WhatsApp for 0-2 years, 27(27%) of them are for 2-4 years and 7(7%) of them are for >4 yrs. Table 5.1 reveals that 75(75%) of them are using WhatsApp for chatting with friends and family members, 14(14%) of them are using WhatsApp for update of social activities and 11(11%) of them are using WhatsApp for share video, images, photos etc. 58(58%) of them are using WhatsApp for <1 hour/per day, 31(31%) of them are using WhatsApp for 1-5 hours/per day and 11(11%) of them are using WhatsApp for above 5 hours/per day. 98(98%) were using WhatsApp with their own mobile and 2(2%) were using WhatsApp with their relative's mobile.

5.2 Inferential statistics:

n=100

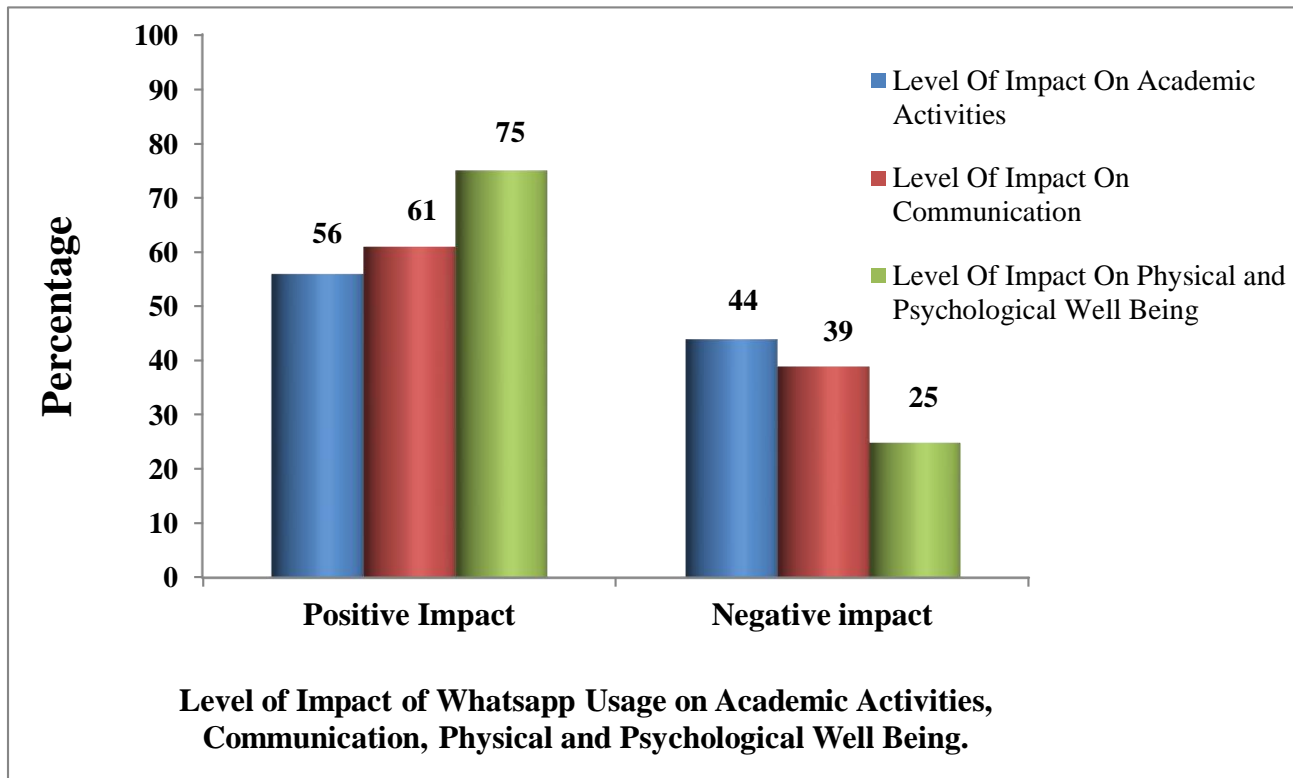


Figure.5.2.1: Level of Impact of WhatsApp Usage on Academic Activities, Communication, Physical and Psychological Well Being.

Figure 5.2.1 reveals that the Level of Impact of WhatsApp Usage 56(56%) of them are having positive impact and 44(44%) of them are having negative impact on Academic Activities. 61(61%) of them are having positive impact and 39(39%) of them are having negative impact on Communication. 75(75%) of them are having positive impact and 25(25%) of them are having negative impact on Physical and Psychological Well Being.

Table 5.2.2: Correlation between the Impact of Whatsapp Usage on Academic Activities and Impact of Whatsapp Usage on Communication.

n=100

Domain	Mean	SD	Correlation r - value	p-value
Academic Activities	36.16	5.371	0.304**	0.002**
Communication	36.78	4.927		

Pearson Correlation 2- tailed method was used, **Highly Statistically Significant

Table 5.2.2 Mean score was 36.16 and standard deviation score was 5.371 on academic activities and in communication mean score was 36.78 and standard deviation score was 4.927. The positive weak correlation($r = 0.304^{**}$) was observed and it was highly statistically significant between the impact of WhatsApp usage on academic activities and impact of WhatsApp usage on communication.

*

Table 5.2.3 : Association between the Impact of WhatsApp Usage on Communication with Experience of WhatsApp use and how many hours do you normally spent on using WhatsApp.

n=100					
SLNO	Demographic variables	Level of impact on communication		Fisher's Exact test value	p value
		Negative impact (= 70%)	Positive impact ($>70\%$)		
		No.	No.		
1	Experience of WhatsApp use				
	0-2 years	32	34	7.633	0.002**
	2-4 years	5	22		
	>4 years	2	5		
	TOTAL	39	61		
2	How many hours do you normally spent on using WhatsApp				
	< 1 hours per day	30	28	10.272	0.05**
	1 – 5 hours per day	8	23		
	Above 5 hours per day	1	10		
	TOTAL	39	61		

**Significant at $p < 0.05$ level

Table 5.2.3 reveal that there was a statistically significant association between the impact of WhatsApp usage on communication with demographic variables like experience of WhatsApp use and hours normally spending on WhatsApp as per the p-value obtained.

VI. DISCUSSION

OBJECTIVE I: To assess the level of impact of WhatsApp usage on academic activities, communication, physical and psychological well being.

The findings of the present study revealed that B.Sc Nursing students have the level of impact of WhatsApp usage 56(56%) of them are having positive impact and 44(44%) of them are having negative impact on academic activities. 61(61%) of them are having positive impact and 39(39%) of them are having negative impact on communication. 75(75%) of them are having positive impact and 25(25%) of them are having negative impact on physical and psychological well being.

The similar study was conducted on survey method at Agra. The sample was randomly selected WhatsApp user in Agra and sample size was 100 people between the age group of 17 to 30 years. The survey was conducted through Interview which are circulated school, college and work places. Some data were collected through personal interview. The findings of the study shows that majority of the youth about 72% joined WhatsApp because it is a good source of communication. According to this survey 40% of the respondents include only close friends in their WhatsApp list. 68% of studying youth strongly stated that WhatsApp occupies their studying time and responsible for a lot of grammatical mistake and lack of concentration while lecturing. 57% of sample has reported that WhatsApp overtakes their real relationship. It is strong reason for social isolation. Their entire emotions depend on this app which creates adverse impact on their psychology. 71% show that WhatsApp made a serious interferences in their privacy.

OBJECTIVE II: To find out the correlation between the impact of WhatsApp usage on academic activities and impact of WhatsApp usage on communication.

Mean score was 36.16 and standard deviation score was 5.371 on academic activities and in communication mean score was 36.78 and standard deviation score was 4.927. The positive weak correlation ($r = 0.304^{**}$) was observed and it was highly statistically significant between the impact of WhatsApp usage on academic activities and impact of WhatsApp usage on communication. The findings of the present study revealed that there was a significant correlation between the impact of WhatsApp usage on academic activities and impact of WhatsApp usage on communication.

H₁ : There is a significant correlation between the impact of WhatsApp usage on academic activities and impact of WhatsApp usage on communication. Thus H₁ is supported.

The similar study was conducted on experimental research method to assess the positive impact of the Smartphone application users for their business on online at Malaysia. 100 participants involve like housewives, students, and random public at various places. The result shows that on online survey 45% of the participants were responded and another 55% responded

through informal interviews. Finally result shows that there was a positive correlation between the two variables Smartphone user and business $r = 0.98$, $n = 125$, $p = 0.002$ and it was a strong positive correlation between effectiveness of a business on Smartphone user.

OBJECTIVE III: To determine the association between the impact of WhatsApp usage on academic activities, communication, physical and psychological well being with selected demographic variables.

Fisher's Exact test was used to associate between the impact of WhatsApp usage on Communication with selected demographic variables. Findings of the present study reveal that there was a statistically significant association between the impact of WhatsApp usage on communication with demographic variables like hours normally spending on WhatsApp and experience of WhatsApp use.

H₂ : There is a significant association between the impact of WhatsApp usage on communication with selected demographic variables like hours normally spending on WhatsApp and experience of WhatsApp use. Thus H₂ is supported.

The similar study was conducted an Experimental method to assess the WhatsApp was used for a communication on emergency situation for surgery teams in London hospital. 40 samples were participated in this study used on WhatsApp for 19 weeks. The result shows that faster to respond compared to intern or attending ($p < 0.001$). Participants felt that the application helped to flatten hierarchy among the students, experienced consultants and residents enabling them all too actively contribute to discussions without inhibition.

VII. RECOMMENDATIONS

- A similar study can be conducted among adolescents regarding spending more time on WhatsApp messenger and its social effect on them.
- A similar study can be conducted to assess the WhatsApp usage and their Perceptions into their education among Post Graduate Students.

VIII. REFERENCE

1. Yeboah, J. and Ewur, G. The impact of whatsapp messenger usage on student's performance in tertiary institutions in Ghana. *Journal of education and practice*. (2016); 5(6). pp.157-164.
2. Shanmugapriya S, Priya A. A study on impact of using whatsapp on reduction of stress. *International Journal of Current Research and Modern Education*. 2016; 1(2). pp. 2455 – 5428.
3. Sharma. A and Shukla. A.K. Impact of Social Messengers Especially WhatsApp on Youth- A Sociological Study. *IJARIE*. (2016); 2 (5). pp. 367375.
4. Abhijeet S. Pawade et al. Impact of Whatsapp on Facebook. *International journal of engineering sciences & research technology*. 2015; 3(5) [147-150]
5. Shahid Minhas, Masroor Ahmed and Qazi Farman Ullah .Usage of Whatsapp A Study of University Of Peshawar, Pakistan. *International Journal of Humanities and Social Science Invention*. (2016); Vol. 5 Issue 7. pp.71-73.
6. Lee Chin Yin. Adoption of Whatsapp Instant Messaging among Students in Ipoh Higher Education Institutions. 2016; pp. 1- 64.
7. Pooja.S.Kushwaha & Nidhi Jhawar. Role of Whatsapp as Teaching Aid to Enhance Learning Capabilities of Management Students. *ITM International Journal of Innovations in Science, Engineering & Management (IIJISEM)*. 2017; Volume 1, Issue 1.
8. Roman, D. N. Academia Whatsapp Messaging Achievements and Success in Whatsapp Messaging. *International Journal of Higher Education*, 2016; 5(4).
9. Appiah, K. M. Influence of Whatsapp on Study Habit of University Students in Ghana. *International Journal of Research in Economics and Social Sciences*. 2016; 6(3).

IX. ACKNOWLEDGMENT

It is my pleasure and privilege to express my deep sense of gratitude to Almighty and to all those who have contributed to the successful completion of this endeavor. First of all, I offer my humble and sincere thanks to **Almighty God** as he has done mighty things throughout this period of study in the form of abundant blessings and graces. My special thanks to all the **participants**, who enthusiastically participated in my study and for being very cooperative and also adding light to my study with their responses. I am proud to acknowledge the love, encouragement and prayer of my **grandparents**, my **parents**, my **husband**, my **brothers** and my **sisters** for their constant support in every phase of my course.