

EFFECT OF SOCIAL NETWORKING SITES ON ACADEMIC PERFORMANCE AND WELLBEING OF STUDENTS

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Abstract: Social networking sites (SNS) provide a forum where people can share their thought, view and pictures. SNS are so popular now a day that the field of education has been also affected by SNS. Students are more dependent on SNS for communication as well as learning. The objectives of this study were to determine the effect of SNS on the academic performance and wellbeing of students. A cross sectional survey was done on 52 adolescent students, selected by simple random sampling technique from private schools of Haridwar, Uttarakhand, India. Data was collected by a self made check list to assess the academic performance of students and wellbeing of students was assessed by Adolescents wellbeing scale developed by Birlson. Tools were administered to the participants after brief explanation. Finding presents that around 50% participants agreed that use of SNS affect their studies and 82.6% said that internet is a good source for learning. Adolescent wellbeing scale shows that 20% students are at risk of having depressive disorders.

Key Words: *Social Networking Sites, Academic Performance, wellbeing, adolescent*

I. INTRODUCTION

We are living in digital era where internet has been the most accessible media. Internet and Mobile Association of India (IAMAI), has conducted a survey which shows that 66% people from urban area are active users of Internet and regularly log-in to their social networking profile.^[1] There are many Social Networking Sites (SNS) available on internet such as: Facebook, Whatsapp, Twitter, Youtube, skype, snap chat etc.^[1] These applications provide such features that a person can create his/her profile and update it whenever they want. SNS are generally used to be in touch with the family and friends and main purpose of using SNS is to upload and download pictures and videos, sharing information, chat etc.^[1] Digitalization has also transformed field of education. Educational materials are freely available on internet and can be downloaded easily. There are many e-learning modules and short term online course are available which enhance the knowledge of the learner.^[1] Therefore SNS has been a good source of education. There are some special websites which are mainly for education such as EDMODO, ACADMIA.EDU, SCRIBED, EPERNICUS, COURSE CRAKER, STUDENT CIRCLE NETWORK, WIKIPEDIA, LINKEDIN etc, these sites encourages students to share their class assignments, images and videos related to academics and also offer to conduct online surveys. Some of them provide panel for discussion where students can clear their doubt with the experts.^[1]

Adolescents mainly uses Facebook, Whatapp, Twitter, Youtube, Google plus for learning activities. They use to search for new information related to their topic, shares assignments and important links with their friend, make projects with the help of SNS.^[1] A report shows that 33% college students in India are active users of social media.^[1] Through SNS students can also communicate with their teachers and submit assignments through email and discuss their points online with them. Online networking services also provide a platform for the learners for professional learning.^[1] There is no doubt regarding Social Networking Sites that, they provide a great help to the youth in the field of education. For the students it provides lot of exposure, recent updates in subjects and helps them to update their knowledge.^[1]

A Survey reports that around 60% of students discuss about their study subjects and 50% about school their work online with their friends and teachers who use social networking sites. A survey reports that through the use of SNS communication skill has been improved and it also helped in improving creativity of students. Through SNS they can share their creative work and assignments with their friends and teachers.^[1]

Hence with many advantages, on the other side SNS can be a distracter for students. Due to availability of educational material on website students may not pay attention in class and waste their time in searching the same topic on internet.^[1] They spent their maximum time being online which causes less face to face communication and also can affect the personality of

student; they may have introvert personalities. Excessive use of SNS can be harmful for physical as well as mental health of the students; they may have postural problems, eye problem, and mental stress. It may also be responsible for reducing learning ability and creativity, unable to focus of attention, reduce writing skill, waste of time, low grades during exams and lack of practical skill.^[1]

3. RESEARCH METHODOLOGY

A cross sectional survey was done on 52 randomly selected adolescent students both boys and girls of class 11th and 12th who were actively using Social networking sites. Sample were selected from two private schools of district Haridwar, Uttarakhand, India. Data was collected by administering tool to the participants. Data collection tool consist three sections such as section I: socio-demographic characteristics of study participants, section II consist a self made short check list prepared by the researcher to collect information regarding academic performance of the students. Section III consist of a self rating scale (Adolescents wellbeing scale) devised by Birlson to assess possible depression among adolescents. Scale has 18 question related to different aspect of adolescent's life with response categories of most of time, sometimes and never. Score of responses depends on the nature of statements. 0 means never, 1 means sometimes and 2 indicate most of time. Score of 13 or more indicate unhappiness and low self esteem which shows that higher the score higher the risk of having depressive disorder.

4. RESULT AND DISCUSSION

Sample characteristics

Data shows that regarding age, 51% participants were 16 years old and 60% were female. Almost one third participants 72% living in urban area, more than half of the participant's mothers 73% and fathers 64% were graduated and above. More than one third participant's mothers 79% were working and less than half 38% fathers had private job and business. Around one third 73% participants belong to joint family.

Uses of SNS

Figure no 1 shows common social networking sites/aaps used by participants. Result shows that commonly used or popular social sites are (71%) facebook and whatsapp. Other social sites less commonly used among the participants such as instagram (40%), messenger (37%) and other 10% (google, hike etc).

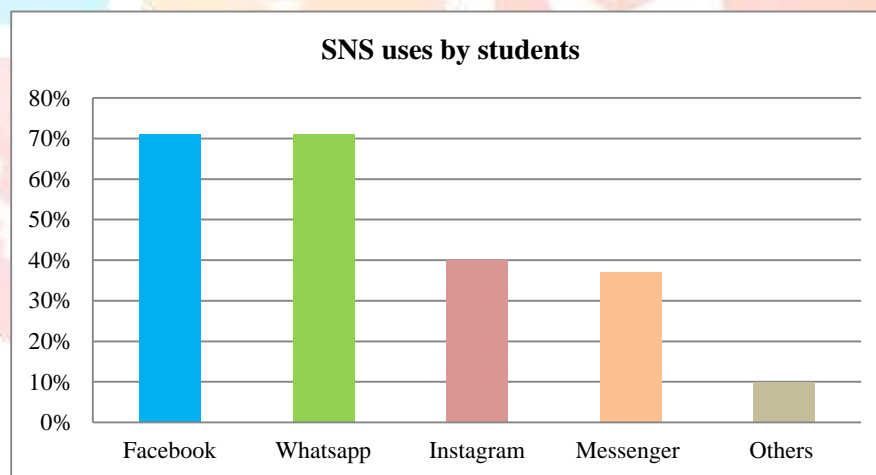


Figure no 1: Percentage of SNS used by participants

Effect of SNS on Academic Performance

To know the academic performance of students they were asked about their daily educational activities weather affected by use of SNS in school as well as at home. 56% participant said that they are using SNS for more than 2 hours per day which reduce their time for study and 48% accepted that their physical activity has been decreased due to use of SNS. Around half of the participants agreed that use of SNS affect their studies and 82.6% said that internet is a good source for learning. Result is supported by a study done by **Singh Nayanika and Barmola K. C.** the purpose of the study was to determine the effect of internet addiction on academic performance of students and result suggested that students who were addicted to internet were found to have determinant effect on academic performance.

Table no 1 shows academic performance of students who are using SNS, half of the them said that they are using library for learning purpose regularly, 46% accepted that they study only before the exams, 28% refer more books for preparing notes and

learning, one third of participants said that they study repeatedly so that content may be remember by them. Twenty three percent said that they prepare notes regularly, 21% uses internet for learning purpose, only 17% students make their schedule for study and among them only 9% follow this schedule strictly. 7% students share their doubts with their class mates, only 5% accepted that their study is up to date, 3% said that they complete and submit their assignment on time and clear their doubts with teachers and only 1% participants attend school daily.

Table no 1: Percentage distribution of academic performance of participants

N=52

Statements	Percentage
Use library	50%
Study only before exam	46%
Refer more books	28%
Repeat lesson to remember	25%
Prepare notes	23%
Use internet for study	21%
Schedule study time	17%
Follow study schedule strictly	09%
Share my doubts with colleagues	07%
Study is up to date	05%
Regularly complete and submit school work	03%
Clear doubts with teachers	03%
Regularity of school	01%

Effect of Social Networking Sites on Wellbeing of Students

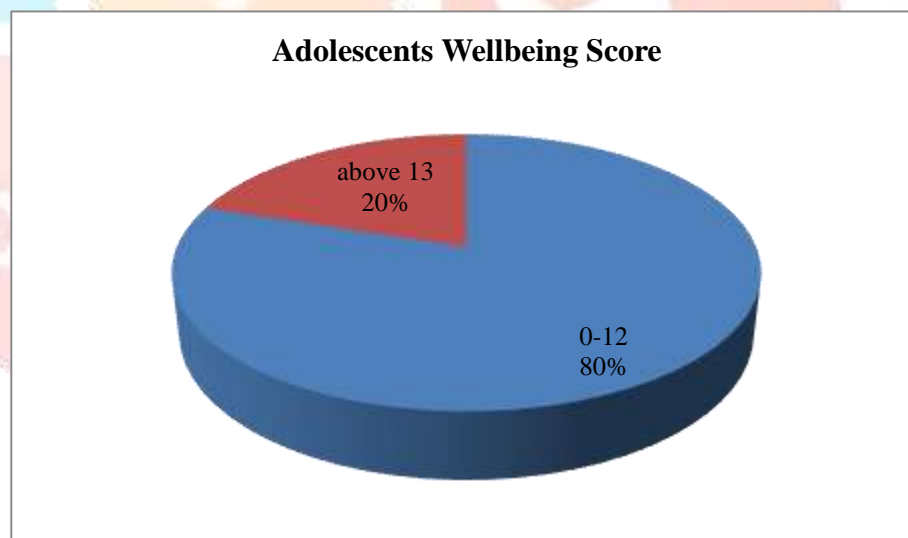


Figure no 2: Percentage distribution of wellbeing score of participants

Adolescent wellbeing scale was administered to the participants and scored individually. The mean score of the participant's wellbeing was 9.13 ± 5.7 . Pie chart shows that 80% participants scored below 13 and only 20% participants scored above 13. The score above 13 indicate unhappiness or low self esteem and may be at risk of depressive disorders. So the result of the study shows that 20% participants are at risk of getting depressive disorders. Result supported with a study done by **Musarrat Rubab, Masood Afsheen, Rashid Sumaira, Mazahir Shama**¹ done with aim to examine psychological wellbeing of adolescents who uses SNS. Result shows that psychological wellbeing and perceived loneliness and use of the social networking is connected with declines in adolescents' well-being health.

CONCLUSION

Adolescents now days are more oriented and interested towards SNS for learning, they find it more easy because study material are easily available on different websites. Online material provides new updates in a particular subject which enhance the knowledge of students. But most of the students are online for checking updates on Facebook and other apps and for chatting. By doing this they are simply wasting their precious time online which could be utilized for study. Participants agreed that they have their profile on different SNS and more than half participants spent more than 2 hour on SNS daily which may affect their academic performance and wellbeing which may lead to depressive disorders. Parents and teachers should encourage student to limit their time of being online so that they can concentrate on their studies.

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