



The Dispersion of Social Medias Impact on the Psychology of the Secondary Students in Kashmir Respecting to Their Academic Performances

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Abstract:

In the 21st century, with the hand of fourth industrial revolution, the sites of Social Medias are continuing popularized. It is scrutinized that the students are rapidly influenced by Social Medias Platforms (SMPs) like Facebook, Instagram, whatsapp, Telegram, Youtube and so on. These Social Networking Platforms (SNPs) are used for the purpose of sharing information and for interacting with other students and teachers sitting at a distance, building new relationships for their educational benefits but in reality most of them are used for their personal amusement. Like other countries, Indian students are also using Social Medias excessively which has a negative impact on their psychological structure as well as academic performances. The present paper explores the study to see the impact of Social Medias on the psychology among secondary students of Kashmir in relation to their academic performances. Survey method is used for the collection of data. The target population includes secondary students from various government and private schools of Kashmir. For this study, the researcher used Self -designed questionnaire for the collection of data. The analysis and interpretation of data is done by employing percentage analysis, Measures of Relationship. The results of the study showed that the students studying in private school

used Social Medias extensively as compared to the students studying in government schools, secondly most of the respondents spent between six to eight hours per day which creates a tremendous negative impact both on their psychology as well as on their academic performances.

Keywords: Fourth Industrial, Social Medias, Benefits Addicted, Negative Impact Psychological, Academic

INTRODUCTION

The term social media refers to a wireless device based on technological interaction that makes possible to share the ideas, thoughts, and information through virtual networks and communities. It is a collective of quick electronic online communication channels that are dedicated to quick communication, content, information, documents, videos, and photos sharing, interaction and collaboration. Therefore, as technology grows, it can be difficult to keep up and adapt to the advancements in both our personal and professional lives. Technology can expand the student's ability to read, write, research and learn, if we are willing to expand our classroom repertoire. In this context, this paper is an attempt to find out how Social Medias impacts on the psychology as well as the academic performance of the Kashmiri secondary students.

STATEMENT OF THE PROBLEM

Men are social beings. They cannot live alone. In this context, social Medias play a significant role to give them space to interact across the globe, to exchange information, and to learn and teach.

There is no doubt to say that present era is the era of technology and social Medias. Students, especially under graduation level students spend hours on social Medias and become addicted which create a negative impact on their psychology as well as on their academic performance.

The present paper is an attempt to find out the impact of social Medias on the psychology of the Secondary Students in Kashmir respecting to their Academic Performances

OBJECTIVES

- To study the impact of social media on psychology among Kashmiri students.
- To scrutinize impact of social media on academic performance among Kashmiri students.
- To highlight the benefits obtained from using the social media by Kashmiri student.
- To evaluate the significance relationship between use of social Media and academic performance of Kashmiri student.

REVIEW OF LITERATURE

K. Sunitha (2010) in her research paper “The Impact of Social Networking Websites on the Education of Youth” highlights that there are significant positive relationships between both chatting and online discussion and file sharing and knowledge sharing, and entertainment and enjoyment with student learning.

McGuire, A. B., & Steele, R. G. (2016) studied the impact of Social Networking Sites on Children in Military Families. By drawing from SNS and military literature, investigator predicts that SNS use can be a positive tool for helping children in military families to cope with stressors.

Malik, Mohammad Aslam and Narke, H.J. (2018) in their research article “Impact of Social Media on College Students in Kashmir” focuses that the use of social media has affected academic performance of the respondents negatively and further confirmed that there is a strong positive relationship between the use of social media and academic performance.

Zafar Iqbal, Naveeda Zeb, & Abid Hussain (2018) in their research paper entitled “The Impact of Social Media Usage on Academic Performance of University Students: Moderating Role of Time of Use” shows social media network participation and academic performance in university students. The study finds out that majority of respondents used Whatsapp and Facebook for making friends and chatting and also use it for their academic performances.

RESEARCH QUESTIONS

1. Are you an addict of social media?
2. Do you have face book and Instagram account?
3. How many hours do you spend on social media?
4. How many face book friends do you have?
5. Do you like to chat with friends?
6. Do your parents rebuke you while using social media?
7. Do social media help you to improve your communication skill?
8. Do you feel anxiety while using face book or whatsapp?
9. Do social media create a significant impact on your study?
10. Do you think social media is a tool of socialization?

METHODOLOGY

The survey questionnaire method was adopted to collect empirical data for the study.

POPULATION

In the present study, the target population includes secondary students from science stream from varied government and private students of Kashmir.

SAMPLE

Sampling is the fundamental and basic vital essence of research. In the present study, the researcher selected randomly a sample of 200 secondary students from science stream of government and private schools of Kashmir.

CLASSIFICATION OF VARIABLES

Dependent variable:-The dependent variable for the present study:-

1. Social Media usage capacity.

Independent variable:- The independent variables for the present study:-

1. Psychological Impact.
2. Academic performance.

TOOLS EMPLOYED FOR THE PRESENT INVESTIGATION

For the present study, the researcher made self-developed tool for the collection of data.

ADMINISTRATION OF THE TOOLS

The researcher visited the selected government and private secondary schools of Kashmir personally for the collection of data, pertaining to her problem. The researcher would also approach the heads of the institutions and would explain to them the nature and purpose of the study. She would also assure the students that their responses shall be kept confidential and will utilize only for research purpose, so they should try to be honest and sincere in responding to each question.

STATISTICAL TECHNIQUES EMPLOYED

The objectives of the study shall be accomplished by employing following statistical technique:-

1. **Percentage Analysis.**
2. **Measures of Relationship (correlation).**

ANALYSIS AND INTERPRETATION OF DATA

Analysis of data means studying the tabulated material in order to determine inherent facts or meaning. In the present study, the researcher applied Pearson's Product moment 'r' to see the relationship between the intensity of Social Medias users and academic performance of secondary students of Kashmir.

1. The value of correlation came out to be .456 that shows positive relation amongst them i.e. the higher the usage the better they perceived they perform.
2. Participants from seven Govt. and four private schools of Kashmir were selected for the study. It shows that majority of students approached for this study had more than 700 Face book friends. Most students (59.3%) had been using Face book for 3-4 years while 23.5% had been using for an

even longer period of 5-6 years. A majority 63.3% of the user used Face book for 0-3 hours daily while another 25.4% used for 4-6 hours daily.

3. It has been found that such students who spent more time on face book had side effects on psychological and physical health. Some are seen to have a sleep deprivation due to their habit of spending more time on face book that would negatively affect their physique; some students were accepting the friend's request of unknown persons; usually wasting time on irrelevant chats that would adversely affect their psychological health, commenting on irrelevant posts and so-on. In spite of all these factors, it has also been found that the use-age of social media created a significant platform for students for clearing their doubts while interacting with the teachers sitting at abroad, interact with other students of their same age and sharing information and many more.
4. In the present study, it has been found that about 63.5% of the students used their cell-phones or mobiles for using social media and remaining others (i.e. 36.5 %) approached towards cybercafé for the purpose of utilizing face book, instagram, whatsapp, telegram, youtube and so on.
5. Maximum students of private schools used social Medias more as compared to the Government-aided secondary students of Kashmir.
6. The results of the study revealed that social networking sites (i.e. face book) had a significant effect on the secondary students studying in Kashmir. Such students who spent much more time on various social medias sites remained isolated from their parents as compared to others.
7. Gender differences do exist among social Medias Usage Intensity of secondary students studying in Kashmir Govt. and private schools. The results of the study revealed that mostly female students (about 55.8%) used face book extensively as compared to male students (about 44.2%).
8. The results of the study revealed that a positive significant relationship exist between both chatting and online discussion and file sharing and knowledge sharing, and entertainment and enjoyment with student learning.

CONCLUSION

After the above survey, it is quite clear to us that the impact of social Medias on the psychology as well as the academic performance of the Kashmiri secondary students are very effective. The study shows that the impact of social Medias among the secondary students of Kashmir in relation to their academic performance is positive as well as negative too. It has been found that such students who spent more time on social Medias had side effects on psychological and physical health. Some are seen to have a sleep deprivation due to their habit of spending more time on social Medias that would negatively affect their physique. About 63.5% of the students used their cell-phones or mobiles for using social Medias and remaining others (i.e. 36.5 %). Students who spent much more time on social Medias remained isolated from their parents as compared to others. The results of the study showed that the positive significant relationship exist between both chatting and online discussion and file sharing and knowledge sharing, and entertainment and enjoyment with student learning.

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