



Impact Of Social Media On Students: A Critical Evaluation Of Post Graduate Students At Boys Hostel In Mangalore University, Karnataka

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Abstract;

Social media plays a crucial role in acquiring, debating, enriching and preserving knowledge, traditions and relationship among disciplines, communities and the countries. It is not only most cost effective but also the simplest and most useful method of communication. Media helps the students to acquire new and updated information frequently over time. It is a known fact that Television has lost its importance, the print media like book, novels, newspapers etc have become completely sidelined. Social media has become indispensable among youths and particularly among students after Covid 19. Being a warden of the university Post graduate campus hostel, I have interviewed 116 students with the help of semis structured questionnaires related to the objective of causes and consequences of social medias on students. In my observation I have found out that only a few are using social media with purpose and limitation, majority of the students irrespective sex, class and age have been addicted to social media, killing their valuable time, money and energy. Addiction social media not only affects or spoil their social life and also affect their mental and physical health. Meanwhile sociologists also say that too much use of social media not only spoils once quality of life, achievements or academic performances, it also spoils the quality of social life in family, community.

Those who are addicted to mobile phones are suffering from untold problems like Insomnia (lack of sleeping) Gastro paresis, lack of concentration and so on. Due to these problems majority of the students who are in post-graduation hostel find difficulties in concentrating on class teaching, sitting and reading for more hours, remembering lessons etc. Post graduation, the class strength is usually less and the classes are expected to be engaged in an interactive manner. Therefore, when a student finds a problem in following the lecture or understanding the subject, he or she will find tension or stress at the time of exams. Additionally, the student will find difficulties in clear state or national eligibility examinations, without which attaining a job is difficult.

Key words: Internet, Wi-Fi, Mangalore University, Electronic Gadgets, Hostel, Students.

I. Introduction

Social media plays a crucial role in acquiring, discussing, enhancing, and preserving knowledge, traditions, and relationships across various disciplines, communities, and nations. It is not only the most cost-effective but also the simplest and most beneficial method of communication. Media assists students in frequently obtaining new and updated information over time. Furthermore, it enables them to subscribe to, download, and purchase updated information on all subjects with minimal financial and time investment, regardless of age, gender, or social class. The most commonly used electronic devices include mobile phones, smartphones, and computers. It is widely recognized that television has diminished in significance, while print media such as books, novels, and newspapers have been largely overlooked. Especially following the COVID-19 pandemic, social media has become essential for students in particular and young people in general.

In addition to helping us learn both inside and outside of the classroom, social media connects us to a variety of activities, such as marketing, administrative, and commercial. As a result, social media is now a crucial component of teaching and learning in colleges and schools, particularly in higher education. In the meantime, there is a wealth of negative data showing how using the Internet has serious consequences, especially for children and young people, impacting not only their academic performance but also their personal lives, including their health and capacity to sustain long-term, healthy relationships both within and outside the family.

Beyond chatting and Photo/Video sharing, social media opens up new avenues for its users. As of 2021, the number of people using social media is over 4.48 billion worldwide, with the average user accessing 6.6 social media platforms in a month. Popular platforms like Facebook have over 65.86 percent of their monthly users logging on daily basis (Dean, 2023) in India. On an average, there were 470.1 million active social media users in a month with an annual growth rate of 4.2 percent in 2021-22. This represents 33.4 percent of the total population. These social media users on an average spend 2.6 hours on social media and each of them has accounts on 8.6 platforms (OOSGA, 2023).

If we look back the history of social media, the expansion of social networking sites in India began with Orkut. Then came Facebook which revolutionised social media. Later, WhatsApp gained popularity among social media that provided new meaning to communication using instant messaging, image sharing, video sharing and video calling using a contact list. Instagram, You Tube and Twitter are the other major social media platforms which are used across the globe. This drastic development of communication technology facilitated cheap and efficient communication through social media across transnational borders including messaging, video sharing, voice call, document sharing.

As per various studies and my observations, all (100%) students who are pursuing post-graduation degrees in different subjects and residing in Post Graduate Campus Hostels have Cell Phones. Among these students 25 percent have both laptop and cell phone. Out of them only few (10%) told that we use these for sharing messages, video call to our parents and friends and finding information. Remaining 90 percent of

students have told that we use these for WhatsApp, Facebook, Twitter, Instagrams etc. Furthermore, some students also have said that particularly those who were addicted to social media found difficulties to sit in the class and also concentrate on teaching. Because class strength in post graduate courses is very small, teachers will be more interactive, expects more activeness in the class room. Due to lack of sufficient sleep and lack of time to do their academic work, we get into academic tension or stress, and many of them fail in achieving their goals like clearing national or state level eligibility examinations. In this context, the present study is an attempt to conduct a survey on 'Causes and Consequences of social media on Students at Mangalore University', with the following objectives.

II. Objectives of the study

1. To find out the purpose of using Internet, forms and types of Electronic Gadgets used by the students of Mangalore University.
2. To explore the different types of challenges a student face in using Internet

III. Literature Review

Massive studies have been conducted to explore the impact of internet on the youth, caused either through online applications such as Face book and Twitter or thorough the use of mobile phones. These include studies conducted by scholars, analysts, policy makers and governing bodies.

Selvaraja et.al., (2014): In this article the researchers have found out the level of awareness and the rate of use of Wi-Fi service in universities for different purposes. The researcher has found that out of 114 students, majorities of them were well aware about the uses of internet using internet facilities fully. The researcher has brought out that a few who have less configuration mobile phones have the problem of network and also those who live in interior places have problem in getting network. Otherwise all of them are happy with the facility provided by universities.

Singson (2011): In this article the researcher says that the new technology is making an inroad to teaching and research domain and it can be considered as a boon to teaching and learning communities. The author has found out that the students have high level of satisfaction in Wi-Fi uses. The parameter for the research was ICT literacy, Wi-Fi awareness, and connectivity problem and usage and gadget preference. The outcome of the finding says that though calls for radical transformation in educational approaches may be legitimate, it would be misleading to ground the arguments for such change solely in students 'opinions and infrastructure indeed shows a great deal of benefit to student in the way they connect online.

According to Dryli& Kinnaman (1996), the Internet enables students to find information as well as allows them to think critically and creatively to become collaborative and cooperative workers and to solve problems.

Türel and Muhammet Toraman (2015) reported that as students' academic performance improves, their internet addiction decreases. This suggests that students' use of the internet has an impact on their academic success. Austin and Totaro (2011) grouped internet users into light, common, and extreme categories. They discovered that university students who use the internet at school and home (moderate use) earn higher grades than those who do not (Aitokhuehi et al., 2014; Kakkar, 2015). Despite many issues surrounding

extreme internet use. Siraj et al. (2015) concluded that internet use leads to increased academic performances because students can enter the world of information to boost their knowledge. Students' social skills and academic success are protected by their use of Internet (Mami and Hatami-Zad, 2014).

IV. Methodology

Both qualitative and quantitative data were used in the study. Primary data was collected using structural interview schedule and in -depth interviews. Mangalore University has taken up a revolutionary step in making the campus Internet connection including Wi-Fi and installation of CC camera in every corner of the campus. Every student, researcher and faculty member is enjoying the Wi-Fi facilities in the campus including Hostel and Guest Houses. In this paper, I have made an attempt to find out the use of Wi-Fi and its impact on the users in the Hostel for men. Hence, the main aim of this study is to cover the aspects of the Wi-Fi- based information and its uses for the students of various disciplines like Humanities/Social Sciences, Science/Technology, Physical Education and Commerce/Management. The total population of this study comprised of 116 youths aged between 20 to 30 years, who are staying in Mangalore University Men's Hostel.

V. Results and Discussions

The study aimed to find out the purpose of Internet use and different challenges the students of Mangalore University face in using Internet by focusing particularly on the residents of Men's Hostel. Only male students belonging to different disciplines and age group between 20 to 26 years were considered for the study. The study analysed the advantages of Internet and the challenges found by students across their studies and performances in educations. The duration of Internet usage by students across academic streams is depicted in the Table-1.

Table 1: Hours of Internet usage by Students across Academic Streams (n=116)

Time	Arts		Commerce		Sciences		Sports		Total	percent
		%	NO	%	NO	%	N O	%		
Less than 1 Hr	5	17.24	2	6.9	3	10.34	15	51.72	25	21.55
2 Hours	11	37.93	12	41.38	15	51.72	2	6.9	40	34.48
3 Hours	8	27.59	11	37.93	8	27.59	4	13.8	31	26.72
4 Hours	2	6.9	3	10.34	2	6.9	6	20.69	13	11.21
4 Hr More	3	10.34	1	3.45	1	3.45	2	6.9	7	6.03
Total	29	25	29	25	29	25	29	25	116	100

Out of 116 respondents, around 12% of students use mobile phones three to four hours in a day and the remaining 24% percent of students use mobile phones three hours in a day. There are only 16% of students also use mobile phones for only a few minutes or up to one hour a day. The study also says that there are students who use mobile phones more than four hours. But the overall study says that there are nostudents who do not have an Android mobile phone and Internet connection.

Among them, those who are less busy academically, spend their leisure time more with mobile phones than those who are busy as well as more responsible. Out of the four different disciplines, Humanities and

Management students watch mobile phones more at late night than the other science students including Physical Education. The reason for less use of mobile phones by the physical education students is due to their busy schedule packed with practical classes on the play ground which makes them more physical tired and sleep early.

Table 2: Purpose and Frequency of Internet usage by Students

	Always	Often	Sometime	Never	Total
Sharing photos/videos/Call to Parents	56	25	10	25	116
Sharing photos/videos/Call to friends	85	20	11	0	116
Sharing photos/video/Call to Teachers	5	25	25	61	116
Listening Songs/Music's	15	30	55	16	116
Watching movies/reels	83	15	18	0	116
To knew news and events	29	18	69	0	116
Searching Jobs and fellowships	34	39	43	0	116
Just for Entertainments	15	38	55	8	116
Searching Knowledge/materials	24	53	39	0	116

Some of the students particularly those who are addicted to mobile phones have told that we start by watching Internet, Reels, which they feel like stopping within few minutes, but we will forget ourselves and end up at late night, and sometimes we will sleep with mobile phone switched on. The purpose and frequency of internet usage by students is presented in Table-2.

There is no doubt that Internet can connect the people for diverse set of activities and networks like commercial, public, academic and the government to enable global communication and access to worldwide information and entertainments. Internet has become a **Mahaguru** particularly in educational field. It is a teacher's teacher and also a doctor's doctor. It is more easily and quickly available solutions. It not only saves human life but also makes human life more luxurious. Naturally, all these qualities have made the human beings more **intelligent, sharp, creative and more decent gentlemen**. As a warden, I have observed and found out the above-mentioned good qualities that internet has among the post graduation studies of Mangalore University men's hostel in Mangalagangothri campus. Along with these advantages Internet has also made the students more **restless, sleepless and more stressful**.

VI. Advantages and Challenges of Mobile Phone/Internet:

1. Mobile Phone/Internet is swallowed the Social Gathering:

Earlier, the concept of TV rooms existed, where one went to hear news and watch entertainment shows every evening. Senior and junior students gathered together to watch cricket matches and movies on Sundays. This paved an opportunity for everyone to come together and interacted with each other. The unavailability of mobile phones facilitated the active interaction and socialisation among seniors and juniors who were made to sit together and watch Television.

As per sociologist's particularly conflict and structural functionalist theorists views without cooperation, competition, conflict and accommodation and assimilation do not take place. To make the individual or the system stronger there should be both advantage and disadvantage. Therefore, these elements are called as the pillars of society.

Rapid growth of technologies including Internet has made the individual and the society more progressive in all aspect. Now the question of going to television room for watching television does not arise, because every student has Android mobile phones and laptops. Meanwhile Mangalore University has given free, unlimited internet including Wi Fi facilities in the campus and Hostel for men and women. Because of the multi functions of Internet, youths say that mobile phones are more important and strongest media than televisions. In mobile phones we can watch many programmes which are available in many channels at a time. While watching programmes one can also chat with our friends and relatives. There is no restriction like television. Because of its wonderful multi functions many students have been addicted to mobile phones. They are ready to miss anything but not watching of mobile phones. Availability of Internet facilities and electronic gadgets has made the students more self-sufficient and not dependent on the system. Because of this, majority of the students do not come to Television room and reading room and will be busy in their room itself.

Internet not only reduced the students gathering in the hostels, it also reduced the rate of social gathering in the public for social causes.

2. Mobile Phone/Internet reduced or controlled Ragging issues:

It is a known fact that ragging is an offence. Ragging has created lot of problems in the society. Due to ragging many innocent students have not only stopped their studies in between, but also lost their lives. Because of its severity court has passed the order that any student involved in any types of ragging will face severe punishments. Though there is a strict order from the court, still ragging is taking place in different form in many places. But in the post graduate study centre particularly in Boys Hostel, Internet has avoided the students to come together for watching television or reading newspapers. Since, all types of entertainment programmes including cricket matches, new films of all languages and songs as well as news related sports, politics, business etc are available in their mobile itself. Because of all these advantages, students are busy in watching mobile phones. When social gathering or mixing of students has disappeared, the question of talking, seeing and interacting with each other has also disappeared. Students from various background and different parts of the country will come to the post graduate campus to get higher education.

At the beginning they will be new to the campus. Due to their different socio-economic, linguistic and cultural background they will have gap between themselves. Initially this gap will be the cause for some more confusions and problems among them. In most of the cases this gap will end up within ragging. Indirectly mobile phones have stopped students to come together and have interaction between each other **(Ragging)**.

3. Mobile Phone/Internet reduced the rate of Questioning or movement.

Earlier, warden's toughest job was to manage cooks, food and other facilities in Hostel Mess Hall. Students generally fought in the hostel for the quality and taste of the food. But compared to those days, the severity as well as the reasons for students fighting in the hostel has reduced. By keeping the above observation I have found out that on **one hand** they have more academic work like preparation for semester exams, weekly tests, assignments, presentations, project writing and also attending online classes. On the **other hand** Mangalore University provides unlimited free Wi-Fi and laptop facilities for weaker section of people. This has increased the number of Internet user as well as number of hours in which Internet is being used. Because of these reasons all sections of students are busy in mobile phones.

Our study shows that out of 116 students, most of them (100%) watch Facebook, Instagram, Reels, YouTube and so on. Majority of the youths have considered these platforms as an important source of entertainment. By making reels on different themes, some of them have considered it as platform to exhibit their talents as well as earnings. On the basis of their test all types of contents including sex prone videos, photos and pictures also can be watched as well as shared. More than that they will have freedom involves in the matters of social media. They can upload contents and make it reach to crores of people within a span of time with no expenditure.

Because of all the above mentioned reasons the students of present days behave very decently in the dining hall, they do not notice face of others also. Most of the time they do not have the patience to see their food and plate also since their eyes and hands will be busy in operating mobile phones. Because of all such reasons they do not have time to find their mistakes, fight or look into their plate and find dust particles or sands it existing. That's why today's students are looks like very decent and not like the students of earlier days.

4. Mobile phone/Internet act as the Master's Master:

Mangalore University is one of the Wi-Fi connected zones. After taking admission in the concerned departments and hostel students will be given Wi-Fi code number. Since most of the things have become online, even library materials are uploaded online. This allows them download, take printout and read the materials online. Likewise, they can download materials from the world library within no time. If students use such wonderful facilities properly they can achieve anything without any barriers. Due to this, Internet is called as teacher's teacher, doctor's doctor, mentor, superman so on.

Table 3: Uses of Internet on Academic purpose

SN	Purpose	Responses	Percentage	Total
1	To search information related to subjects	59	50.86	116
2	To discuss with teachers and friends	110	94.83	116
3	To search tutorials and PowerPoint presentations	98	84.48	116
4	To search for job related information	27	23.28	116
5	To search competitive examination materials	52	44.83	116

Focusing on Internet users, out of 116 students, 50.86% of students have told that we use Internet for searching subject related information, to write assignments, to prepare notes and for projects works (Table 3). 84.48% of students have told that we use Internet for preparing PowerPoint presentations. Some other sections of students (94.83%) have told that we use Internet for discussing with our friends and teachers and also to talk with our parents through WhatsApp call. Only a small number (44.83%) of students have told that we use internet to search solved question papers related to various competitive examinations including NET and SLET.

5. Mobile phone/Internet the Media of Entertainment:

Human beings are not a machine, we need rest through going out, playing, walking, listening songs, watching television, reading story books or newspapers. Different people choose different modes of methods of spending leisure time. Everything depends upon their attitude, behaviour and environments in which they born and brought up. This includes peer groups, family, school and neighbourhood.

Table 4: The mode of spending leisure time

Time	Frequency	Per cent	Reasons
TV watching	113	97.41	Only cricket matches
Out going	49	42.24	To asks reading materials/discuss
Playing	93	80.17	Cricket/ sports game
Talking with friends	114	98.28	Before coming to hostel
Reading news paper	31	26.72	15 to 20 minutes
Sleeping / talking with parents	16	13.8	Taking rest

Except physical education students, only small numbers of students go to play ground. As shown in the Table 4, majority of the students (97.41%) have said that we go to television room to watch only cricket matches. 80.17% students have told that we go to play ground to prepare for sports day and inter departmental competition which would be taking place in the university. All other students have told that either we go out (42.24%) to meet our friends and ask reading materials, 98.28% have told that we go out to meet our friends. In this study we have found out that small number of students has developed the habit of reading newspapers, story books and novels. Out of 116 students, only a few (26.72%) have told that we will go to read newspapers. Around 13.8% have told that we take rest in the leisure time.

I have found out in the study is that Internet has reduced the student's participation in outdoor activities. Students do not discuss debate and fight with anybody. Most of them simply sit in their room and watch either mobile phones or laptops.

6. Mobile Phone/Internet act as Enemies Enemy:

Mangalore University has been trying hard to enhance and protect the Academic Excellency of students. However, due to lightening, thunder and strong wind technical errors arise in the Internet, the Internet speed become low with connection issues. In such condition, we have found out a mixture of attitude from the students. Some students decently recharge their mobile phones and use Internet, some other immediately complain and a few students get disappointment.

Table 5: Attitude of students on Network System

SN	System	Frequency	Per cent
1	Angry	13	11.21
2	Sad	42	36.21
3	Disappointed	22	18.96
4	Curse to the system	15	12.93
5	Nothing	24	20.69
	Total	116	100

Students were asked to tell their opinion about networking system. Out of 116 students 21% of them particularly those who knows that the networking system is controlled by Mangalore University said that we will recharge our mobile phones, others 55.17 % of the students have said that we feel very bad, because we are paying fees and it is the duty of the university to repair and provide Internet facilities. Whereas other 12.93 percentage of respondents have said that we cannot do anything (Table 5).

From the above information what we have found out is that the majority of the students who are studying in post graduate courses spend huge money on mobile phones and Internet. Some of them forcefully collect money from their parents under the pretext of studying. After Corona even parents have understood that mobile phones and Internet are very important for their study of their children. There are some students who make use of their parent's innocence and knowledge or unknowingly loot money from them. No parents will oppose their children interest, because, they would want to feel proud that their children pursuing Master Degrees. Though they find difficulties in mobilising such huge amount, they will provide by taking loan from others.

Table 6: Effect of Mobile on Students

SN	System	Frequency	Per cent
1	Giddiness/uneasiness	13	2.59
2	Sleeplessness	18	15.52
3	Feel boring	35	30.17
4	Nothing	50	43.10
	Total	116	100

When different questions have been asked about the effects of over using mobile phones, I have mixed responses. Majority of the students particularly those who are addicted to mobile phones have developed aggressive behaviour depression and anxiety. Out of 116 respondents, majority (67%) of the respondents have said that, sometimes these face alot of problem like headache, eye problem so on (Table 6). We also find difficulty to sit in the class and develop concentration and interest on our studies.

The results of the study indicate that there is a strong psychological and emotional affect of mobile phones on the youths in general and students in particular. Around 53 per cent of the respondents stated that we suffer from sleeping disorders, continues headaches, stress and eating disorders, while the remaining respondents stated that we never suffered such conditions.

The results of the study indicate that there is a strong effect of mobile use on educational routine of a student. Majority of the students have over speeded their time on Internet ha made them to face different types of cyber bullying. They also found difficulties to develop concentration on teachings. We could not

follow what the teacher taught in the classrooms. and have failed to participate in class discussions and also om meeting the expectations of our teachers in the classrooms. Among them, few students from science background have told that due to less sleeping, we have drowsiness and lack of freshness along with difficulty in understanding mathematical formulas in chemistry and physics.

VII. Conclusion

The Internet has become a part of our life, particularly among the community of students who spend most of their time in cell phones, online chatting, and social networking sites and also use mobile phones in academic and professionals. Majority of the studies conducted on who have been conducted on the impact of mobile on students and children show that a mobile phones is one of the most useful and wonderful vehicle or tools which will take them to highest level in knowledge and status, if it is used properly. If not, there will be severe consequences. Majority of students in the campus stated that they use Internet particularly social medias to share knowledge and talk about subjects with their friends and teachers. They also claimed that they could easily use the Internet to find sources of information, download necessary files and pictures. Therefore, the Internet is playing a vital and an important role in providing opportunities for the students to learn many things which are indispensable in today's academic and social life.

The studies also stated that the students, who do not have much serious work are very much addicted to mobile phones to watch WhatsApp, face book, twitter or Instagram and kill their valuable time. They also become a victimise to many controversial issues which they create, forwarding and passing comments on the pictures and messages through Facebook and Instagram. Most of the time students are not very familiar with these Internet options as well as with the educational journals and data base programs. They are busy in watching and reacting to the contents they get in mobile phones. As a result, majority of them are suffering from psychological and educational problems like lack of concentration on studies, severe eye pain and so on. As a researcher i ends up this article with quotation on alcohol "first man takes the drinks, then the drinks takes the man latter the drinks takes the drinks". Similarly they start by watching Internet, Reels, which they feel like stopping within few minutes, but they will forget themselves and end up at late night, and sometimes they will sleep with mobile phone switched on.

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