

PSYCHOLOGICAL IMPACT OF SOCIAL MEDIA ON HIGH SCHOOL STUDENTS

Katika Moulali Bash, Department of Education, CMJ University, Meghalaya, India.

Vijaya Kumar Chavan, Department of Science and Humanities, Vignan's Foundation for Science Technology and Research, Vadlamudi, Guntur-522 213, A.P., India. kmsb147@gmail.com,

Abstract

Social media is the wonderful invention of the 21st century. It has achieved increasing popularity amongst school-going high school students as it provides information related to various topics on fingertips as well as sharing of ideas, pictures, medium for a personal relationship, etc. social media has created a psychological impact on the general school-going high school students as slowly gradually school-going high school students were becoming accustomed to using social media. Social media has become a necessity for today's school-going high school students. So, the present study is aimed at finding the impact of social media on the general well-being of high school students about their gender and geographical area. Randomly 30 high school students of the rural and urban area, 15 were from an urban area and 15 were from the rural area were selected from different schools of Kurnool District, Andhra Pradesh. The tool was standardized by Investigator. The sample size is 600. The investigator adopted survey method of research to study the present topic. For the present study the investigator used the tools with Personal Data Sheet, psychological impact of social media on high school students (2021) constructed and validated by the investigator. Percentage analysis, Mean, Standard deviation and t – test statistical techniques were used for Analysis and Interpretation. The researcher collected the data by survey and interview method. It was observed that urban area high school students' well-being is influenced by social media compared to rural area high school students. Further findings indicate that social media influence psychologically on high school students..

Keywords: Psychological, Social media, urban, rural, high school.

Introduction

For nearly all teens in the U.S., social media is a fact of life. According to the Pew Research Center, social media is “nearly ubiquitous” in the lives of teens. From the perspective of most teens and many parents and educators, this is good news: social media benefits adolescents and teens by helping them develop communication skills, make friends, pursue areas of interest, and share thoughts and ideas. As with every technology, there is a side that is not so good. In particular, social media can have a negative impact on teens who suffer from, or are susceptible to, mental illness. The National Institute of Mental Health reports that the lifetime prevalence of any mental disorder among adolescents is 49.5%, and 22.2% of adolescents will suffer from a severe mental impairment in their lifetimes. Also, young adults (age 18 to 25) have the highest incidence of mental illness of any adult age group: 25.8%, compared to 22.2% for ages 26 to 49, and 13.8% for ages 50 and up. The three most popular social media platforms among teens are YouTube (used by 85% of teens, according to Pew Research Center's 2018 survey), Instagram (72%) and SnapChat (69%). The percentage of teens who report using Facebook declined to 51% in 2018 from 71%, according to a 2014-2015 teen survey. According to a 2018 report issued by the GlobalWebIndex, people ages 16 to 24 spent an average of three hours and one minute using social media each day. However, research reported in the journal JAMA Psychiatry found that adolescents who use social media more than three hours per day “may be at heightened risk of mental health problems, particularly internalizing problems.”

Social media can and does have a positive effect on children and teens, whether by teaching social skills, strengthening relationships or just being fun. Persistent use of these social platforms can also have a negative impact, particularly on the mental health and well-being of young users. Children, parents and teachers need to understand the full impact of social media use by adolescents and teens, especially the risks these services pose on their mental health. The tools, tips and resources in this guide can help ensure that the use of social media by young people strengthens their personal

social network and improves their general mental wellness. The investigator in the present study made survey on psychological impact of social media on high school students of Kurnool district.

Methodology

The present study has adopted the Survey Method since the selected area is to test and understand the causal process. A sample of 600 high school students from Kurnool district Andhra Pradesh are selected randomly. The sampling technique employed in the present study in selecting the samples was stratified random sampling. The study was conducted in Telugu state i.e., Andhra Pradesh. The state is geographically divided into 3 regions. They are Rayalaseema, Coastal and Northern Andhra. Presently there are 13 districts in Andhra Pradesh. As for education and economy is concerned Andhra region stands in first with an average level of education and economy. All the teaching educators teaching in A.P. A total 600 samples are selected from Kurnool district different high schools.

Tools: The tools used in the study are:

1. Check list cum rating questionnaire tool used for students with 50 statements
2. Personal Data Sheet.
3. The investigator developed the tool

Scoring Check List: YES=1 and NO=0.

Intensity of the problem: 3 point scale i.e., High=3, Moderate=2 and Low=1.

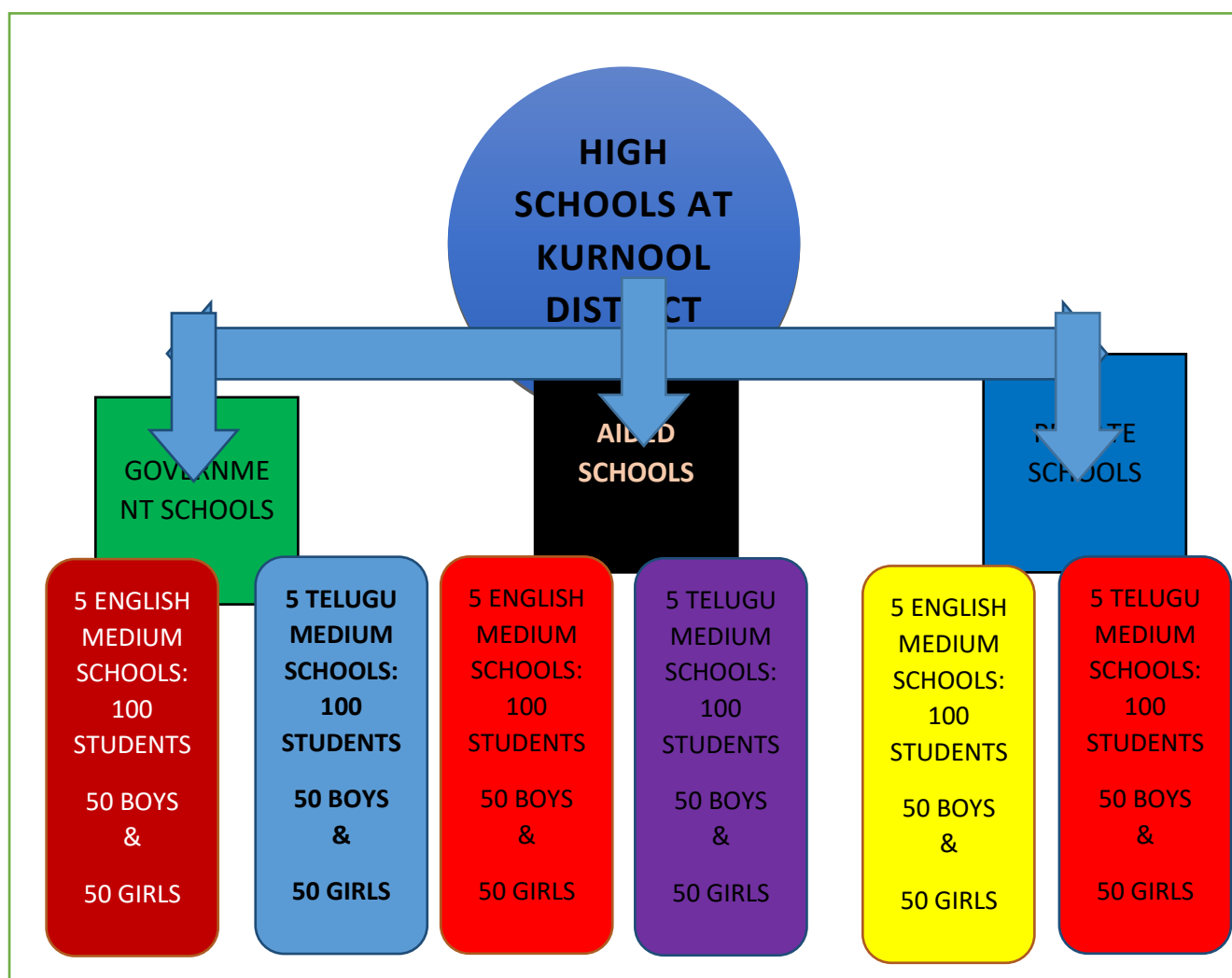


Figure 1. Structural design of ample

Item Analysis:

The pilot study was planned and carried out with a sample of 20 randomly selected high school students. The data collected through pilot study was subjected for item analysis for finding out the discriminative power of each item, which is used for the 'Item reliability' and 'Item validity' and for

selection or rejection of the item into the final form of the tool. In the present investigation the highest scoring 27 percent and the lowest scoring 27 percent were taken to represent the high and low groups, because with this tail proportions, the coefficient of discrimination is most sensitive (Kelly, 1939). Internal consistency of any question = mean score of the high group-mean score of the low group on the question. The items have an internal consistency of 0.35 or more were selected. From the tool 10 items eliminated and the remaining 40 items consisted for the final form out of 50. Therefore the final form of the checklist cum rating questionnaire contains 40 items in psychological impact of social media on high school students in Kurnool district.

Objectives of The Study

- To find out over all psychological impact of social media on high school students in Kurnool district.
- Influence of demographic variable namely Gender and locality on psychological impact of social media on high school students in Kurnool district.

Hypothesis of The Study

- There would be no significant difference between the students in out over all psychological impact of social media on high school students in Kurnool district.
- There would be no significant difference among demographic variable namely gender and locality psychological impact of social media on high school students in Kurnool district.

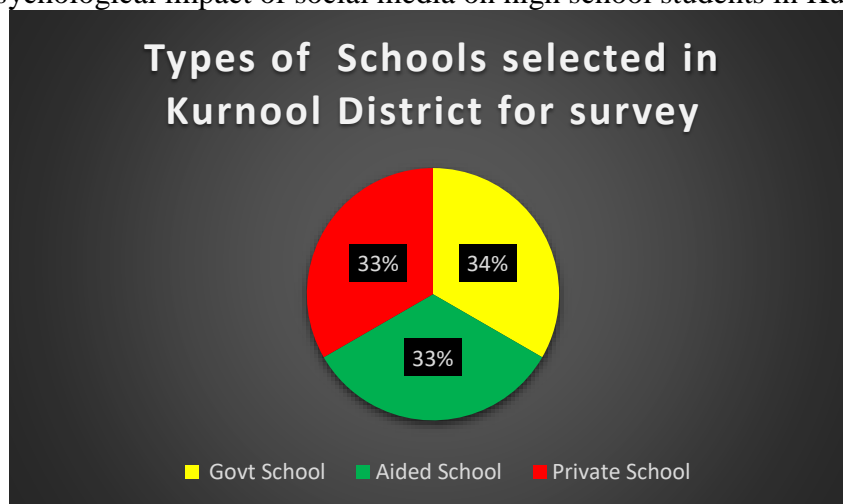


Figure 2. Total no of schools selected for survey in Kurnool district.

Statistical Techniques Used

The data thus collected and scored was analyzed by using relevant statistical techniques like Mean, Standard Deviation and t – test. . The usual levels of significance, viz., 0.05, and 0.01 were used to test the significance of the obtained statistics

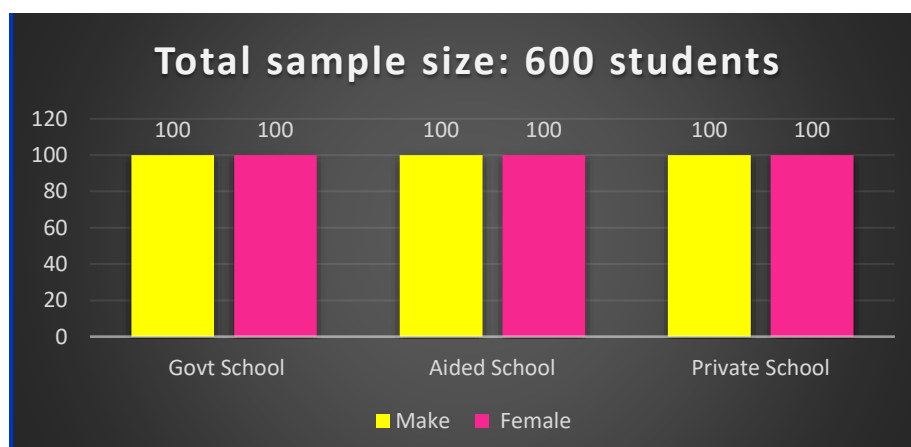


Figure 3. Gender wise sample selection in different schools of Kurnool district

Results and Discussion

Gender

Table 1. Means, SD's and t- values of psychological impact of social media on high school students (N-600) according to their Gender in Kurnool district

S.No		N	Intensity scores		t-value
			Mean	SD	
1	Boys	300	37.02	9.37	1.38361@
2	Girls	300	35.89	10.61	

@ not significant at the rate of 0.05

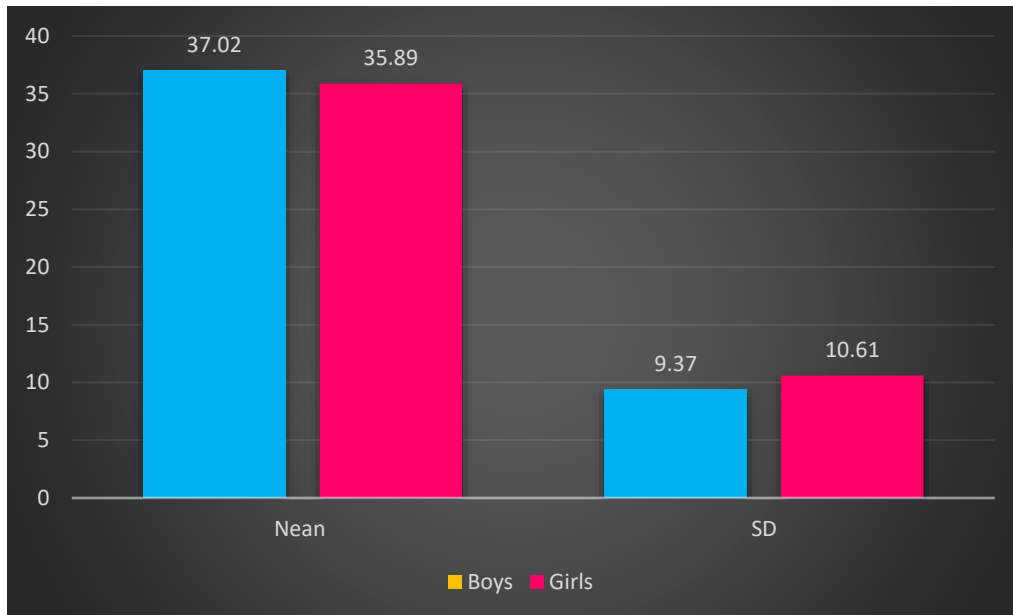


Figure 4. Means and SD values of psychological impact of social media on high school students (N-600) according to their Gender in Kurnool district

The Mean and SD values of Boys are 37.02 and 9.37, similarly girls are 35.89 and 10.61 as shown in table 1 which explains the psychological impact of social media on high school students of Kurnool district. Their t value is 1.3836 which is not significant at 0.05 level hence the hypothesis is accepted. Hence it is concluded that according to mean values there is slight difference among boys and girls, it is observed that the performance depression levels of girls is more than boys and also there is no significant difference among them regarding to the psychological impact of social media on school students .

Locality

Table 2 Means, SD's and t- values of psychological impact of social media on high school students (N-600) according to their Locality in Kurnool district.

S.No	Sex	N	Intensity scores		t-value
			Mean	SD	
1	Urban	300	56.89	10.78	3.21**
2	Rural	300	54.45	7.46	

** significant at 0.01 level

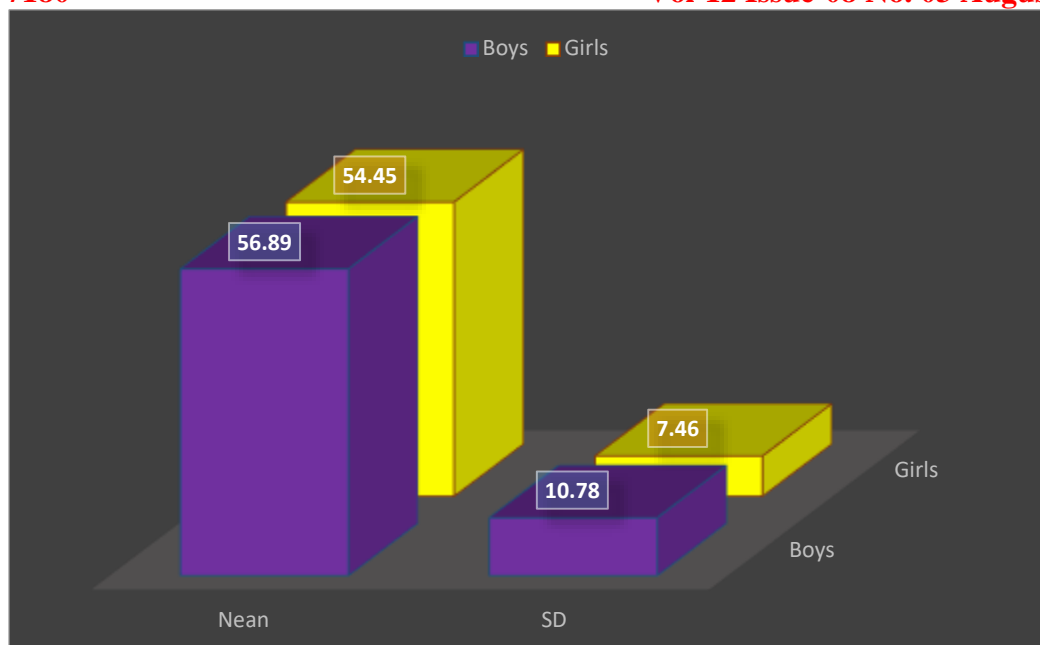


Figure 5. Means and SD values of psychological impact of social media on high school students (N-600) according to their Locality in Kurnool district.

56.89 and 10.78 are the mean and SD values of urban students and similarly 54.45 and 7.16 are the values of rural students psychological impact of social media in Kurnool district..The t value is 3.213 which is significant at 0.01 level, hence the hypothesis is rejected.. It is also found that that there is significant difference between urban and rural students of Kurnool district high school students on psychological impact of social media.

Conclusion

In the present study, it is found that there is a significant psychological impact of social media on on high school students of Kurnool district . Hence it is concluded that according to mean values there is slight difference among boys and girls, it is observed that the performed depression levels of girls is more than boys and also there is no significant difference among them regarding to the psychological impact of social media on school students . It is also found that that there is significant difference between urban and rural students of Kurnool district high school students on psychological impact of social media.

References

1. Evne K. Mission Swachh Bharat Mission and dalit community development in India. International Journal of Creative Research Thoughts. 2014, 2(9). <http://ijcrt.net/Uploaded/Article/151.pdf> 3.
2. Medicine and Jangra B, Majra J P, Singh M. Swachh Bharat Abhiyan (clean India mission): SWOT analysis. International Journal of Community Public Health; 2016; 3(12):=3285-3290 <http://www.ijcmph.com/index.php/ijcmph/article/download/79/77>
3. V. K. Chavan. Parents Must Have Knowledge About Their Children To Mold Them At Early Age: The Right Way And Correct Time, Internationaljournal Of Multidisciplinaryeducationalresearch, Issn:2277-7881; Impact Factor :6.514(2020); Ic Value:5.16; Isi Value:2.286 .Peer Reviewed: VOLUME: 9, ISSUE: 7(9), JULY: 2020
4. CNN, “Social Media Use May Harm Teens’ Mental Health by Disrupting Positive Activities, Study Says”
5. Vijaya Kumar Chavan, Parents Must Have Knowledge About Their Children To Mold Them At Early Age: The Right Way And Correct Time, Internationaljournal Of Multidisciplinaryeducationalresearch, Issn:2277-7881; Impact Factor :6.514(2020); Ic Value:5.16; Isi Value:2.286 Peer Reviewed: volume: 9, issue: 7(9), j
6. *Forbes*, “New Studies Show Just How Bad Social Media Is for Mental Health”

7. Vijaya Kumar Chavan, Parents Must Have Knowledge About Their Children To Mold Them At Early Age: The Right Way And Correct Time, Internationaljournal Of Multidisciplinaryeducationalresearch, Issn:2277-7881; Impact Factor :6.514(2020); Ic Value:5.16; Isi Value:2.286 Peer Reviewed: volume: 9, issue: 7(9), july: 2020
8. Journal of Medical Internet Research, “‘Friending’ Teens: Systematic Review of Social Media in Adolescent and Young Adult Health Care”
9. Chavan, V. K. The Impact of Using Bi-lingual Mobile-App Dictionary on the Story Writing skills of Low-Proficient International Students, IJISSET - International Journal of Innovative Science, Engineering & Technology, Vol. 7 Issue 2, February 2020, ISSN (Online) 2348 – 7968 | Impact Factor (2019) – 6.248 .
10. Jain D, Malaiya S, Jain A. Studied that impacts of Swachh Bharat Abhiyan in India. International Journal of Humanities and Social Science Research. 2016, 2(10). ISSN: 2455-2070; Impact Factor: RJIF 5.22