



A STUDY ON SOCIAL MEDIA INDUCED ANXIETY, STRESS AND RELATED PSYCHOLOGICAL PROBLEMS INFLUENCING THE DECISION MAKING ABILITY AND ACADEMIC ACHIEVEMENT OF UNDERGRADUATE STUDENTS IN ARTS AND SCIENCE STREAM

Mrs.M.RANI KIRAN PRIYA¹,

Research Scholar,

Institute of Advanced Study in Education, Saidapet, Chennai-15

Dr.P.MUTHU PANDISELVI²,

Assistant Professor,

Institute of Advanced Study in Education, Saidapet, Chennai-15

INTRODUCTION:

The present investigation is an attempt to find the Internet Usage activity and social media effect on their academic achievement.

Social media is defined as- "websites and applications that enables users to create and share content or to participate in social networking". Social networking sites comes with different names, with different features but the ultimate property of any social networking site is to facilitate the communication between the users. Contents generally shared are wordings- generally termed as "comments' or pictures or videos.

Social media for youth is major source of gratification (Hima,2019). They find satisfaction in sharing their opinions as comments. They also 'like' others posts and extend support. All this process makes a person feel important and thus users enjoy attention when they get 'likes' for their posts or pictures. Very often, there might be scenarios where a user might not get m many likes'. This causes disappointment and gives stress to the user. Sometimes, users post open and frank content. They express their true emotions through comments. In such case, the fear of threat and fear of rejection causes anxiety (Tugberk Kaya, HuseyinBicen, 2016). Anxiety and stress leads to associated problems like inattentiveness, aggression, distraction and attitudinal problems. These problems cloud the ability to make appropriate decisions along with disturbing their academic performances. (EsamAlwagait., et.al.,2015).

METHODOLOGY:

Selection of variables, selection of tests, onentation of the subjects, tester's competency, Collection of the data, instrument reliability, and raliability of data, Pilot study Questionnaire administration and statished Procedime were followed as per the norons!"

The selection of the subjects, For the Present study Simple Random Sampling method was used. The researcher has Randomly selected 20 undergraduate Arts and Science college by lot in Chennai District, both from boys ten (10) and girls(10) are equally.

TOOLS:

The following Tools were used:

- Personal data sheet.
- Questionnaire were developed and standardised by the investigator.
- Questionnaire were divided into different parts according to the testing of different variables involved in the study.
- Some widely accepted tools/scales were also adopted which are suitable for the present study
- Some tools were altered and blended in order to come up with a perfect scale which fulfils the demands of the study.

STATISTICAL TECHNIQUES USED:

For analysing the data following techniques were used.

1. Descriptive analysis
2. Differential analysis
 - 't' test
 - ANOVA
3. Chi-square Analysis
4. Correlation Analysis
5. Regression Analysis

Table 1: Correlational Analysis Of Internet Usage And Academic Achievement

Variables	N	Correlation Co-efficient Value "r"	Level of Significance
Academic achievement and Internet Usage	713	-0.127	Significant

*Correlation is significant at the 0.01 level (2-tailed)

As is evident from Table.1 there is a significant low negative correlation between Internet usage activities of College students and their academic achievement. Therefore the null hypothesis is rejected and it is concluded that there is a significant low negative relationship between the extent of Internet usage and academic achievement of the Adolescents studying in the Arts and Science Colleges.

Table 2: Coefficient of Correlation of Sub-scales of Internet Usage and Academic Performance of the adolescents

Variables	Detachment	Educational Usage	Withdrawal	Non Educational Usage	Perception
Educational Usage	0.139**				
Withdrawal	0.101**	0.098**			
Non-Educational Usage	0.425**	0.157**	0.265**		
Perception	-0.155**	0.235**	0.095*	-0.044	
Academic Performance	-0.250**	0.016	0.025	-0.184**	0.091*

**indicates correlation is significant at 0.01 level

*indicates correlation is significant at 0.05 level

As is evident from Table.2 that Detachment and Educational Usage has been found to be 0.139, it is positive and significant at 0.01 level Detachment and Withdrawal has been found to be 0.101, it is positive and significant at 0.01 level. The academic performance has been found to be 0.091 it is positive and significant 0.05 Level.

INFERENCE OF THE STUDY:

Internet is nowadays more accessible in India with the advent of cheaper smart phones, which are also affordable to the common people. It has gradually become an indispensable part of everyone's lives, especially the adolescents. Hence it becomes necessary to understand the consequences of the constant use of the Internet on their academics since academic achievement still remains as the most essential criteria in all stages of a student's life. Keeping in mind the objectives of the study, the researcher has suggested the following inferences of the present study to the field of educational research.

The College-going adolescents face great risk in today's technology-savvy world since they were vulnerable to online stalking, cyber bullying, explicit contents, which is readily available in the Internet and get them addicted to the Internet. This study thus holds significance as it tries to highlight the Internet usage activities of students leading to them suffering from social media disorder and subsequently affects their academic achievements.

This study clearly proves that boys perform well than girls. The extent of Internet use is found to be the same for all students. Girls were found to use the Internet more than the boys. The consequence of spending more time on the Internet may well be leading to a decreased time spent on studies. This could be the reason as to why the male students have better academic achievements than female students.

The findings from the present study have various implications for the current generation of students, teachers, parents and other stake-holders. In today's world of technology driven society, the use of the Internet cannot be totally discarded. It has been found to benefit the students and society at large, in many aspects. Due awareness, care and more attention needs be paid on the amount, intention of use and the outcome of its use, when it is being handled by students. The study enlightens us on the issue of degradation of a student's academic performance due to high Internet activity. Awareness programmes need to be designed and carried out so that proper utilisation of the Internet by the students take place. Educators need to counsel their students on the proper use of the Internet for academic purposes. Students should know the negative effects of excessive social media use and the long term impacts on one's personal health. The study clearly indicates an inverse relation between Internet Usage and mental health disorders.

The sample description of the present study reflects that almost all adolescents access the Internet nowadays from their mobile phones as mobile data and smart phones have become more affordable and accessible. They use Internet mainly for communication and entertainment purpose, and very less for educational purposes. Parents can set rules for Internet use, strictly monitor their adolescent's use of the Internet and discuss them with their ward(s) and make them understand the fact that the rules are for their protection and well-being. They should as frequently as possible become involved in their ward(s) online activities.

The sample characteristics of the present study suggest that parents, guardians, teachers, mentors or counsellors need to regularly keep a check on the online activities of the adolescents. Time spent on the Internet is not the only factor, it is also imperative to know how and with whom they spend their time online. As is evident from the study, feelings of detachment from regular and normal activities due to Internet Usage activities are very high amongst the respondents. Detachment, a sub-scale of Internet usage contributes negatively towards academic achievement for the entire sample.

From the result of Regression Analysis only 8.1 % of variance in academic achievement of college students is accounted for their Detachment, Educational usage, Withdrawal, Non-educational usage and Perception, the subscales of Internet Usage, 3.5% of variance is accounted for their Problem, Withdrawal. Preoccupation and Escape, the sub-scales of Social Media Disorder and 3.6 % of variance accounted for their College-Related, Home-Related and Peer-Related, the sub scales of Health disorders. When all the variables of Internet usage.

RECOMMENDATIONS

Based on the findings of the study the following recommendations are put forth:

- Appropriate awareness programme on, the proper use of the Internet and how to put it to one's advantage while studying, so that it helps a student in his academic performances should be carried out in the Colleges. Internet and social media could be used to bring about competition among the College students. Parents and teachers should also convey the message that academic success is a matter of desire, effort, and commitment rather than of established social structure.
- Parents and teachers will have to come up with ideas and techniques to reduce and restrict the daily internet usage by teenagers based on their academic and educational needs.
- It is suggested that parents, teachers and counselors have to play a very proactive role and devise ways to impress upon the adolescents to access and use internet to increase their academic and educational knowledge rather than access it for social networking, instant messaging, gaming, downloading movies and songs or online shopping.
- It is suggested to parents of school-going adolescents to block harmful websites which have inexplicit content and adult dating web sites, which are harmful for them. A strict vigilance on their children is very much needed at all times. Further, parents should check the history of log files from time to time, so that it helps to look into their internet browsing habits.

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Links:

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