



IMPACT OF SOCIAL MEDIA ON TEENAGE STUDENTS

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Abstract-

The research paper deals with the impact of social media on the life of students especially in the age group of 12 to 19 years. As the adolescence is very important period for developing emotional and social habits in a child. The research also analyses the effect of covid-19 on the social habits of the students. With the increase in gaming in India, the present paper tries to examine the magnitude of gaming habits in the life of students. The data is collected with the help of a questionnaire, through an online survey.

Keywords-

Social media, social life, academic life, mental health, covid-19, gaming disorder, Social Networking Sites (SNS).

I. INTRODUCTION

The number of social media users in India stood at 639 million in 2021 and it is expected to cross the 1 billion mark until the year 2025. Most of these users are consists of youth and students. Throughout the country, the teenagers frequently use social media. Students are impacted by the lockdown period, which caused changes in their social habits. Students faced academic as well as mental health issues due to the excessive use of social media. The present paper analyses this impact and tries to suggest some positive recommendations for the right use of social media.

II. OBJECTIVES

1. To analyze the influence of social media on youth social life.
2. To analyze the impact of social media on youth academic life.
3. To analyze the effect of social media on the mental health of teenagers.
4. To examine the effect of covid-19 on the use of social media.
5. To get an idea of increase in gaming among the teenagers.

III. SCOPE

The analysis of the present survey is applicable to young students of Mumbai, Maharashtra. The researcher has considered young students of different age with the main focus on the age group of 12 years to 19 years.

IV. RESEARCH METHODOLOGY

4.1 Data collection

Survey type research was conducted, through the questionnaire and statements was developed related to the various aspect of youth's life.

4.2 Data collection tool

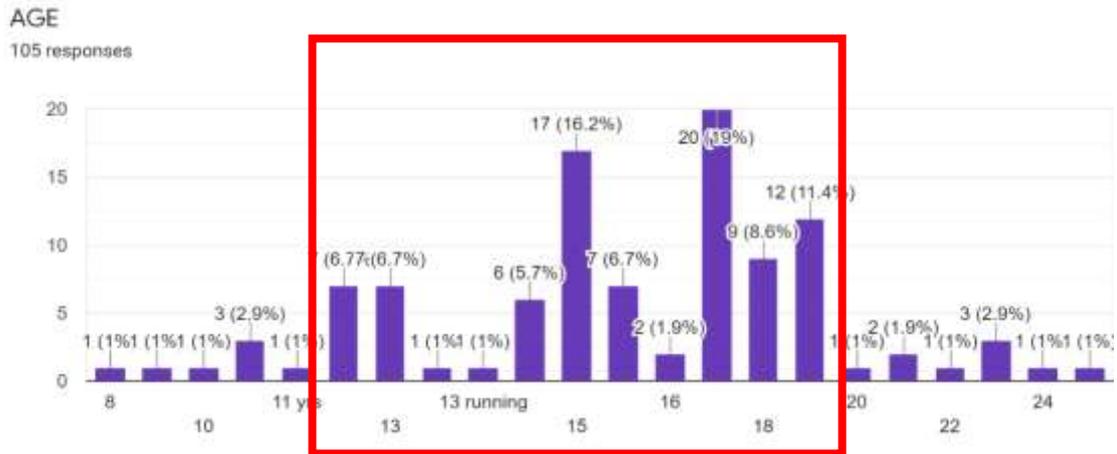
Data were collected through the questionnaire prepared on "Google Form".

4.3 Sample size

Data was collected from students, who filled a questionnaire. 105 respondents were only students, from different parts of Mumbai. The data collected were carefully assessed, and the results were taken, as they were required for the analysis of this research study.

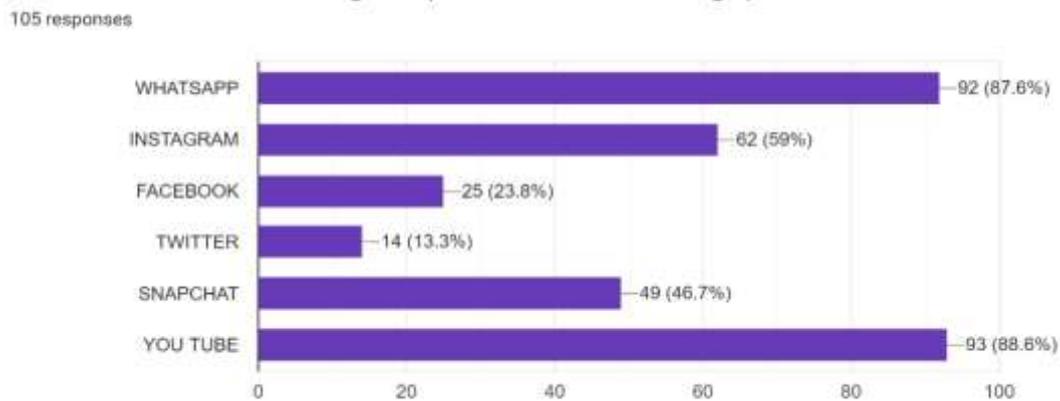
V. RESULTS AND ANALYSIS

The researcher has tried to analyse the collected data by using percentage statistic as follows:



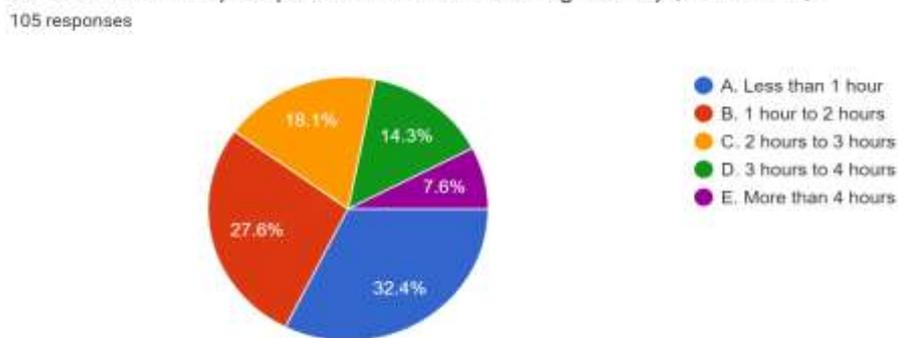
As per the data collected, 84% of the students were from the age group of 12-19 years old, as the targeted students were mostly the teenagers. Which is evident from the above graph.

1. Mark all the social networking sites you use from the following options.



We discovered that, 88.6% of the students used You-Tube, which was the most used site among the students. WhatsApp was the second most used site with 87.6%, and Instagram was the third site with 59% of students using it.

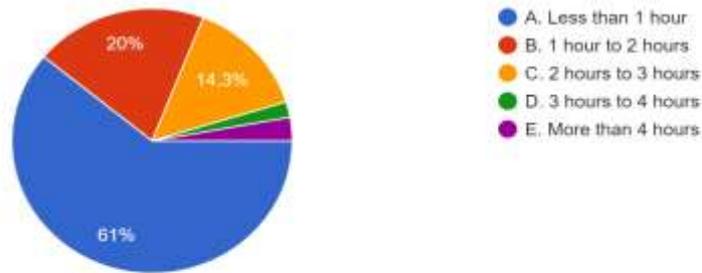
2. How much time you spend on these sites during the Day (9 AM-9 PM)?



Although 32.4% of the students used all these sites for less than an hour during the day, the percentage of students using these sites for 3-4 hours was 14.3% and the percentage of students using these sites more than 4 hours was 7.6%.

3. How much time you spend on these sites during the Night (9 PM-9 AM)?

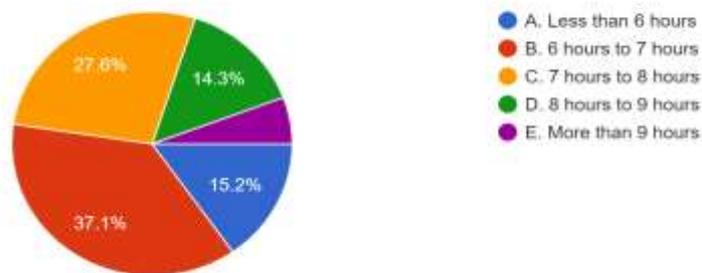
105 responses



During the night time, more than 14% students use these social networking sites for 2-3 hours. 1.9% students use these sites for 3-4 hours and 2.9% of the students used these sites for more than 4 hours.

4. How much sleep you get daily?

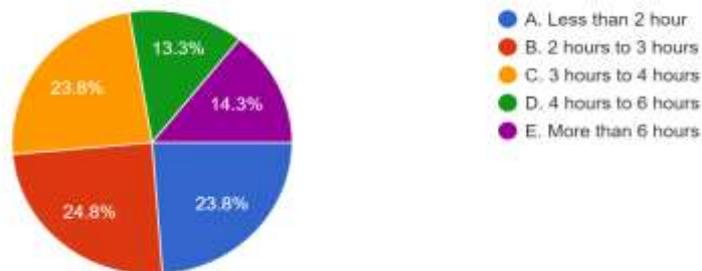
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The analysis showed that 27.6% of students gets 7-8 hours of sleep. 37.1% of the students gets 6-7 hours of sleep. Surprisingly more than 15% of students are getting sleep for less than 6 hours.

5. Total daily time spent on these sites during the lockdown period?

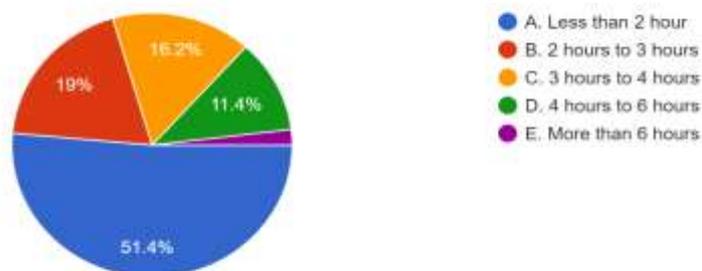
105 responses



The above data analysis clearly shows that the social media uses during the lockdown was increased. 13.3% students used social media for 4-6 hours during this time and 14.3 % students used these sites for more than 6 hours daily.

6. Total daily time spent on these sites after the lockdown period?

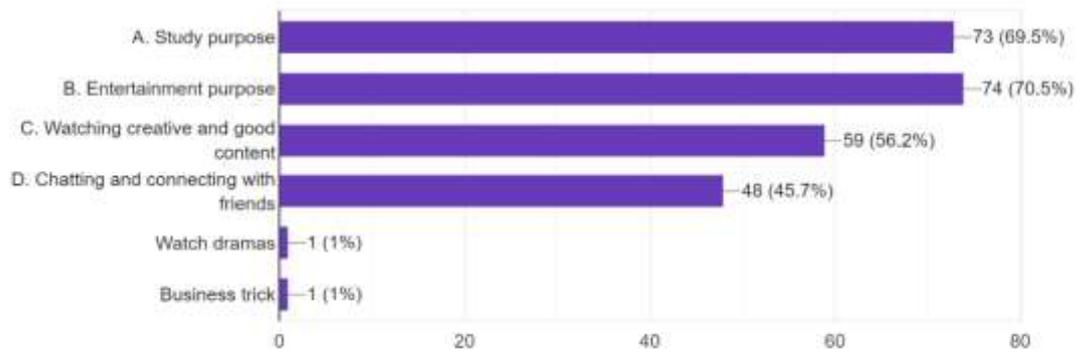
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The lockdown habit was evidently difficult for the students to change, as 11.4% students still used these sites for 4-6 hours. 1.9% students couldn't change the habit of excessive use of these sites even after the lockdown, as they used these sites for more than 6 hours.

7. For what purpose/purposes you use social networking sites?

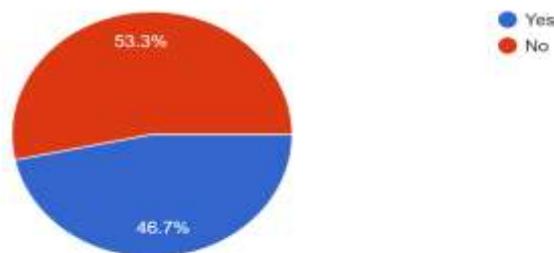
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It was good to observe that 69.5% of the students used these sites for study purpose, but on the other hand 70.5% of students used it for entertainment purpose.

8. Have you ever experienced drop in your marks, because of the time spent on these social networking sites?

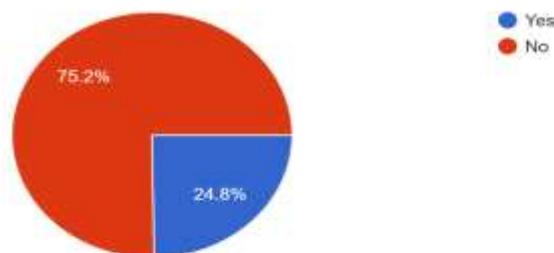
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Let us have a look at the analysis of the effect on academic performances of students. 46.7% of students experienced drop in their marks due to social networking sites, which is a very big number.

9. Have you ever submitted your assignments late OR missed completion of homework because of the time you spent on these social networking sites?

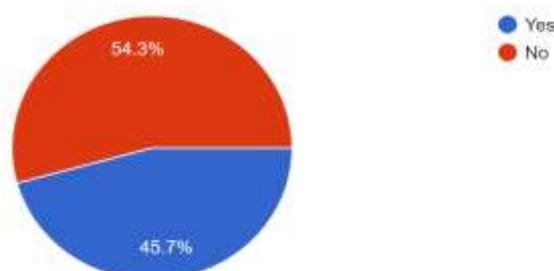
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24.8% students were late to submit their assignment or homework because of the time spent on these sites.

10. Do you use these social networking sites during lectures when you get bored?

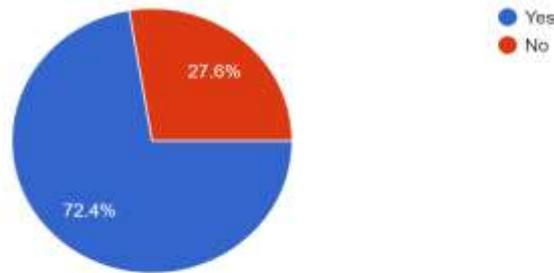
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45.7% of the students use social media during their lectures, which shows lack of concentration ability and the urge to stay connected to the social media all the time.

11. When preparing for exams, do you keep yourself away from these sites?

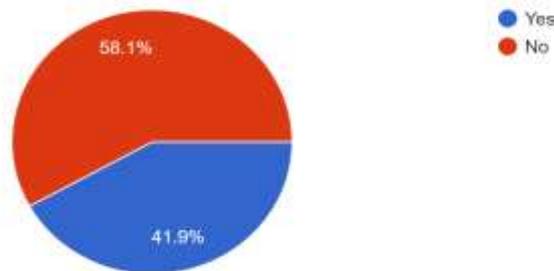
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Even during the time of exams, 27.6% of the students couldn't keep themselves away from social media.

12. Do you get into fight with parents, because they think you spend more time on your phone?

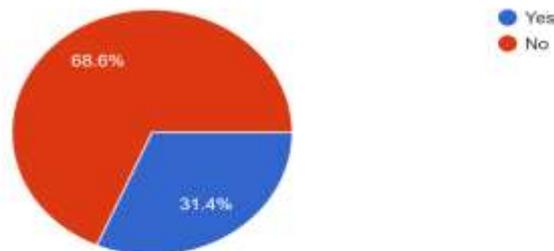
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The analysis shows that 41.9% of students get into fight with parents about the excessive use of these apps. Which is surely a concern about the mental health of students.

13. Do you meet your friends less often, as you can use social media to engage with them in quick time?

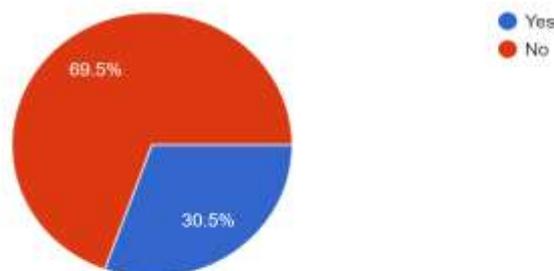
105 responses



31.4% of the students were meeting their friends often less in real life, as they could engage with them quickly on social media.

14. Do you play games on your phone like PUBG/ BGMI/ FREE FIRE/ COD and/or any other?

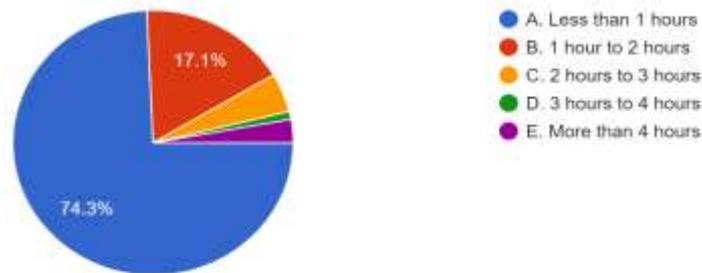
105 responses



More than 30% of the students do play games on their mobile phones.

15. How much time you spend daily to play all these games?

105 responses



Even though 74.3% of students were engaged in gaming for less than an hour, 3.9% of students were gaming daily for more than 3 hours. This number is quite small, but still, it's a growing concern as excessive gaming can have adverse effect on physical and mental health. The World Health Organization is adding "gaming disorder" to its globally recognized compendium of medical conditions. Gaming disorder is listed under "disorders due to addictive behaviors" in the final draft of the 11th revision of the International Classification of Diseases (ICD-11).

VI. FINDINGS

1. You tube and WhatsApp are the most used social networking sites among the teenagers.
2. Excessive use of social media is one of the reasons for sleep deprivation in teenagers.
3. Lockdown period during Covid-19, affected student's habits and resulted in excessive use of social media.
4. The students use social media mostly for the purpose of study and entertainment.
5. Around half of the surveyed students experienced drop in their marks because of social media.
6. One fourth of the surveyed students were late in their assignment submission due the use of Social Networking Sites.
7. Nearly one in every two students, have habit of using social media during their live lectures.
8. Approximately one in every four students, couldn't keep themselves away from social media during exam times.
9. Many students get in fight with their parents because of excessive use of social media. And many prefer engaging with friends online rather than meeting them in real life.
10. Three in every ten students are engaged in gaming activities, and very few but concerned number of students play games excessively.

VII. CONCLUSION

Social Media is very important tool in our society, if it's used properly. The adolescence stage in the life of a child is a transitional phase between childhood and adulthood. Teenage students are likely to go through many physical, mental and biological changes. They are more likely to get addictive towards social media. The American Academy of Sleep Medicine has recommended that teenagers aged 13–18 years should sleep 8–10 hours per 24 hours. The analysis shows that students are experiencing sleep deprivation due to excessive time spent online. This can put them at risk of serious medical conditions like, coronary heart diseases and diabetes. Teenage students can experience mental health problems like depression and anxiety. This is relatable to the 2018 WHO report which declared India as the most depressed country in the world. With all these issues, students also face time management problems and lack of concentration. Their relationship with parents and social relations with their friends are at constant risks.

Hence social media should be used for positive purposes and in informative way to enhance one's skills, and abilities. A strong recommendation for the teenagers using social media is that they have to remember the purpose of using social media. The parents and teachers should talk and spread awareness about social media. And help teenage students to set reasonable limits, explain them what's not right and encourage students to have more real face-to-face contact with friends.

VIII. REFERENCES

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