



SYSTEMATIC REVIEW ON SOCIAL MEDIA INDUCED ANXIETY, STRESS STRESS ON ACADEMIC ACHIEVEMENT OF UNDER GRADUATE STUDENTS IN ARTS AND SCENCE STREAM

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ABSTRACT

Objective of this review was to compile article's data concerning the role of Social Media Induced Anxiety, Stress Stress On Academic Achievement Of Under Graduate Students In Arts And Science Stream Literature review not only helps the researcher to have a greater insight, knowledge and understanding on the topic he/she dealing with but also provides an opportunity to the researcher to compare and correlate his work with earlier. The review of literature helps to know the researcher for the nature, scope and limitations of the study. A good knowledge on previous literature helps the researcher to develop a proper road map for his/her research work that enables him/her to prepare research design with clarity and certainty.

The present study focuses on four pertinent issues which are intertwined and have been seen to play a big role in the well-being of college-going undergraduate students in arts & science stream. During this period the students undergo very high levels of mental pressure owing to various reasons and academic pressure is one of them. Academic pressure is usually manifested as academic achievement which is considered as an important index of a student's career in today's highly competitive world. The social media, Anxiety, stress plays important role in academic achievement of college students.

Keywords: Social Media, Anxiety, Stress Stress, Academic Achievement.

INTRODUCTION

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Social Media

The social media platform Instagram made headlines last year for suppressing likes in an effort to curb the comparisons and hurt feelings associated with attaching popularity to sharing content. The other two important issues plaguing the technology driven society of today is the use of the Internet and social media which are powerful tools to communicate with people around the world. In the era of modern communication technology, science has bestowed humans with one of the most advanced technologies in the form of Internet.

STUDIES RELATED TO INTERNET USAGE

Internet has become an integral part of our daily lives. It has played a big role in connecting us with our friends, families and the world at large but has also played an equally huge role in disconnecting us from the real world. Its judicious use has put many a young mind to bloom but its excessive and indiscriminate use especially among the adolescents is becoming a serious cause of concern. In his article, Adolescents in cyberspace: The good, the bad and the ugly, **Suler (1998)** wrote about how adolescents were finding their space through internet in the virtual world. They prefer to socialise through the Internet via closed chat rooms, Email, Instant messaging, Message Boards, Blogs etc. rather than hanging out with friends in the real world. Thus, internet provides ample platform to adolescents the options of seeking and turning to "cyber friends". So they choose to indulge and spread their social contact more in virtual world through internet usage instead of traditional handout and making real-world interactions.

Global Overview Report (March 2021) Our new Digital 2021 reports series – published in partnership between We Are Social and Hootsuite – shows that connected tech became an even more essential part of people's lives over the past year, with social media, e-commerce, streaming content, and video games all seeing significant growth in the past 12 months. COVID-19 also introduced a new set of challenges and opportunities though, so digital in 2021 will be anything but 'business as usual'.

Monith Khanna (2020-21) COVID-19 lockdown made us all reliant on the internet like never before, work from home became the norm, even school kids, who had their classes shifted to an online platform. And this saw a crazy growth in the number of internet users in India.

ICUBE 2020 June 2021 The 'ICUBE 2020' report by IAMAI and Kantar indicates that the Internet usage in India continues to grow. Internet users are estimated to grow by 8% in 2020. • As of 2020, estimated number of Internet users who have accessed Internet in the last one month is around 622 Mn. The number of active internet users are expected to grow and reach 900+ Mn by 2025.

Sharma et al., (2017) conducted a survey with 2755 individuals (1392 males and 1363 females) in the age group of 18-65 years (mean age was 36.48 years) that included single, married, widowed and divorced or separated individuals to study Internet addiction and mobile overuse. All the members had education level above higher secondary / pre-university education. The study reported the presence of greater Internet addiction and cell phone use in males. Significant differences were observed in relation to family status for Internet and mobile phone use with them being more common among single/nuclear families. Technology addictions were found more common among single families and lesser in nuclear and joint families. Mobile phone

users had psychiatric distress in comparison to users with internet addiction. The study showed negative correlation of age, years of marriage and number of members in the family with internet addiction and mobile overuse.

Gunlu and Ceyhan (2017) investigated general Internet usage and online gaming behaviors of adolescents in order to find out problematic internet usage levels. The study also observed the relationship between the duration of online gaming, duration of general internet usage, problematic internet usage level and procrastination. The study involved 1,088 students (454 male and 634 female) from 16 high schools located in the central districts of Odunpazarı and Tepebaşı in Eskişehir Province in Turkey. The tools used for the study were the Problematic Internet Usage Scale-Adolescent (PIUS A) developed by Ceyhan and Ceyhan (2014), the General Procrastination Scale of Çakıcı (2003), the Academic Procrastination Scale (Çakıcı 2013) and a Personal information questionnaire. The findings of the study revealed that the average daily internet usage by adolescents was 3.42 hours. According to the study there existed a positive medium level relationship between adolescents' problematic internet usage and average duration of daily internet usage. It was also found from the study that cell phones ranked first as a tool the adolescents used to avail internet followed by desktop computers and portable computers. The study also revealed that the reasons for connecting to the internet were to 'have fun/pass time', 'to communicate' and 'to obtain information' as the first, second and the third reasons respectively. The finding also revealed that the problematic internet usage score was higher for the first and the second reasons. The research finding showed that adolescents' problematic Internet usage level was higher for those who played online games as compared to those who did not play online games. A low positive significant relationship was found between adolescents' average duration of daily online gaming and both general and academic procrastination levels and also between problematic internet usage and both general and academic procrastination's. More than half of the adolescents accepted the fact that the Internet caused wastage of their time.

Hicran et al., (2017) conducted a descriptive study on the problematic Internet Usage in relation to personality traits, gender, age and dispositional hope with students at Nevşehir Hacı Bektas Veli University, Sakarya University and Bartın University. Of the 376 participants, 250 were female and 115 of the participants were male while 11 participants did not mention their gender. The study had used three scales to collect data viz., The Problematic Internet Usage Scale (Ceyhan, Ceyhan, & Gurcan, 2007) with three sub-scales viz., negative effect of Internet, social benefit/social conformity and excess use, The Big Five Inventory (Sumer & Sumer, 2005) with the sub scales neuroticism, extraversion, openness, agreeableness and conscientiousness and The Dispositional Hope Scale (Tarhan & Bacanlı, 2015) with two sub-scales Alternative Ways Thinking dimension and Actuating Thinking dimension. It was observed from the study that excessive Internet usage was positively related with neuroticism (personality trait) and excessive usage of Internet was negatively related to dispositional hope. The negative effect of Internet usage increases when openness, neuroticism and extra version increase. The study also revealed that with the increase of hope level, the negative effect of internet usage found to decrease. Hope, which was considered as a positive psychology, was found to be a predictor variable of problematic internet usage whereas age variables were not found to be a predictor for problematic Internet usage.

RELATED STUDIES ON ANXIETY

The rapid growth of social media over the last decade has established an entirely new medium for human interaction. Online platforms such as Facebook, Twitter and Instagram have allowed people in every corner of the world to be connected 24/7. By 2021, it is forecast that there will be around 3 billion active monthly users of social media. From the statistics alone, it's clear that social media has become an integral (and to a large extent, unavoidable) part of our lives. One implication of social media's rapid rise, that of its relationship with young people's mental health, has gathered a significant amount of attention in recent years. Research has created a wide evidence-base supporting an association between social media use and mental health, and although still emerging, new evidence has painted a broad picture of the main impacts. The popularity of social media as a medium of communication for young people needs to be carefully examined, as it may indeed come to play a more detrimental role than we might have thought.

Psychological Impacts of COVID-19 International Perspectives June2020: The aim of the current study is to validate the Turkish version of the Corona virus Anxiety Scale (CAS). Participants were assessed across the CAS, Obsession with COVID-19 Scale (OCS) and Fear of COVID-19 Scale. We surveyed 1023 Turkish native speakers who participated online. Confirmatory factor analysis showed that the factor structure of the CAS was satisfactory. The scale was internally consistent with a Cronbach's alpha of 0.80. Positive correlations of the CAS with the OCS and the Fear of COVID-19 Scale demonstrated adequate convergent validity. These findings suggest that the CAS is a valid and reliable measure to assess the severity of dysfunctional corona virus related anxiety.

STUDIES RELATED TO STRESS

Elizabeth Scott, Updated on March 28, 2021: We all may intuitively know that stress can take a toll on our health, but stress and health research provide us with a clearer picture of how stress and health are linked, and what specific choices we can make to better manage stress and create greater health.

In recent years, there have been many interesting and informative research studies on stress and many articles on the topic on this site have linked extra resources to help you put what you learn into action in your own life.

While no single study provides the whole picture of the link between stress and health, the following list of studies does provide some important information that you can use right now. Let this stress and health research be your guide to changes you can make today for a healthier tomorrow.

Behnam Khaledi-Paveh (July2020): The COVID-19 pandemic has had a significant impact on public mental health. Therefore, monitoring and oversight of the population mental health during crises such as a pandemic is an immediate priority. The aim of this study is to analyze the existing research works and findings in relation to the prevalence of stress, anxiety and depression in the general population during the COVID-19 pandemic.

The prevalence of stress in 5 studies with a total sample size of 9074 is obtained as 29.6% (95% confidence limit: 24.3–35.4), the prevalence of anxiety in 17 studies with a sample size of 63,439 as 31.9% (95% confidence interval: 27.5–36.7), and the prevalence of depression in 14 studies with a sample size of 44,531 people as 33.7% (95% confidence interval: 27.5–40.6).

Observational Study January 2019 [Ezenwaji] : This study examined work-related stress and burnout symptoms with respect to related sociodemographic factors among nurses in Nigeria.

A representative sample of nurses (N = 393) was randomly selected from hospitals in Southeast Nigeria to take part in this cross-sectional, correlational study from June to December 2017. Participants received questionnaires by mail, which measured work stress and burnout symptoms, respectively. Data collected were analyzed using bivariate correlations and multiple regression analyses.

Among the sociodemographic factors investigated, sex was significantly correlated with work-related stress. The sociodemographic factors were not significantly associated with burnout symptoms. Stepwise multiple regression procedure produced a model that contained four sociodemographic factors and explained 4.5% of the variance in nurses' work stress scores and 0.8% of the variance in nurses' burnout scores. Age, work environment, and work experience did not make significant contributions to the prediction of work-related stress among the nurses. Finally, sex, age, work environment, and work experience did not make significant contributions to the prediction of burnout among the nurses.

Nurses' sociodemographic factors, which included sex, age, work environment and work experience accounted for only a small proportion of variance in nurses' work stress and burnout in Southeast Nigeria. The study also furthers our awareness that sex is significantly linked to work-related stress among the nurses in Southeast Nigeria. Thus, the implications of the study for administrators, research, and policy were discussed.

ACADEMIC ACHIEVEMENT

A review of the scientific literature shows that many studies have analyzed the relationship between academic achievement and different psychological constructs, such as self-concept, personality, and emotional intelligence. The present work has two main objectives. First, to analyze the academic achievement, as well as the self-concept, personality and emotional intelligence, according to gender and cultural origin of the participants (European vs. Amazigh). Secondly, to identify what dimensions of self-concept, personality and emotional intelligence predict academic achievement. For this, a final sample consisting of 407 students enrolled in the last 2 years of Primary Education were utilized for the study. By gender, 192 were boys (47.2%) and 215 girls (52.8%), with an average age of 10.74 years old. By cultural group, 142 were of European origin (34.9%) and 265 of Amazigh origin (65.1%). The academic achievements were evaluated from the grades obtained in three school subjects: Natural Sciences, Spanish Language and Literature, and Mathematics, and the instruments used for data collection of the psychological constructs analyzed were the Self-Concept Test-Form 5, the Short-Form Big Five Questionnaire for Children, and the BarOn Emotional Quotient Inventory: Youth Version-Short. Based on the objectives set, first, the grades in the subject of Spanish Language and Literature varied depending on the gender of the students. Likewise, differences were found in self-concept, personality, and emotional intelligence according to gender. Also, the physical self-concept varied according to the cultural group. Regarding the second objective, in the predictive analysis for each of the subjects of the curriculum of Primary Education, the academic self-concept showed a greater predictive value. However, so did other dimensions of self-concept, personality and emotional intelligence. The need to carry out a comprehensive education in schools that addresses the promotion of not only academic but also personal and social competences is discussed. Also, that the study of the variables that affect gender differences must be deepened.

CONCLUSION

There were many studies on these topics but studied either individually or studied taking two variables together at a time. Social media has become an integral part of Internet usage by adolescents these days. Hence, these three variables are interrelated and have become the main culprits for adolescents diminishing grades or achievements. This gap in literature in the field of educational research is very important for drawing attention of the educators and the policy makers and needs to be dealt urgently. However, the knowledge provided by this literature review supplies ample ideas and throws light not only on the researcher's present topic but it also opens up vast scope and the viabilities of carrying out similar studies in future.

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