

**USAGE OF SOCIAL MEDIA AND WELL-BEING OF HIGHER SECONDARY STUDENTS****\*S.T Praja****\*\*Dr. A. Amalraj****Abstract**

The present study is an attempt to investigate the usage of social media and well-being of higher secondary students. The sample consisted of 400 XI higher secondary students from Tirunelveli district. The survey method was used. The tools used for this study were : i) Well-being scale developed by Jesgsharanbir Singh Sandha and Asha Gupta (2002) and ii) Usage of Social media questionnaire constructed and validated by Amalraj and Praja (2018). The result revealed that there was a significant relation between the usage of social media and well-being and its

**INTRODUCTION**

Education is the process of facilitating learning or the acquisition of knowledge, skills, values, beliefs and habits. It frequently takes place under the guidance of educators, but learners may also educate themselves. Education can take place in formal and informal settings and any experience that has formative effects on the way one thinks, feels, acts may be considered educational. The purpose of education is to develop students' desire and ability to think and learn about the world around them. Education should prepare young people for life, work and a good citizenship. The mass appeal of social media on the internet could be a cause for concern, particularly when attending to the gradually increasing amount of time students spend online. Students spend more time on Face book, Twitter and other social media through smart phones that are now in abundance among these youths.

**SIGNIFICANCE OF THE STUDY**

Social media are important tools of communication, entertainment and sharing in this era. The youngsters are more prone to be involved in social media than any other group. Many concerned parents have expressed grave concern that they could hardly get the attention of their children, as they seem to have been carried away by the fascinating world of social networks.

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Some youths are such social freaks that they have now carved out for themselves a world of fantasy and illusion for detaching from reality. The reason for students are performing poorly in school these days might not be farfetched. Some are so carried away that even as they are walking along the highway, they keep chatting. Attention has been shifted from visible to invisible friends, while important ventures like study and writing are affected in the process. The youths have made the social media their top priority and continue to use more and more so as to have satisfaction.

Well-being of a person is a cumulative effect of physical, mental, social, emotional and spiritual well-being. Well-being is essential for everyday to lead a successful life. The higher secondary school level is considered as the important and happiest stage of life. Nowadays this happiness is unattainable for most of the students. In some cases, the students who are not able to achieve what they desire in life often end up in depression. To overcome the problem, well-being is necessary. They spend more time in social media and it disturbs the way of life they live. It made most of the students lazy and they forgot outdoor games. The posture students maintain while using social media, the amount of time they use it and the craze they have in using it certainly affect their psychology, in turn have effects on well-being. At present, the use of social media among students is taking a vital part in their lives and there has been a wide spread abuse of social media by the students society. Unfortunately, many students have become fully involved in social networking almost all the time, while paying less attention to their academic work by spending much time on the platforms, rather than studying or interacting with one another.

The students in the adolescence stage are easily prove to regular mood fluctuations and self-control which really affect their looks and often produce disquiet or distress about their personality as individuals, thinking persistently in this form may sometimes lead to unhappiness. Many school teachers, and the society at large are getting worried, not withstanding that there are strict rules set or established by various school authorities on the proper use of technological gadgets. Hence the investigators carried out the investigation on the usage of social media and well-being of higher secondary students.

#### **STATEMENT OF THE TOPIC**

Social media plays a vital role in enhancing social connections and learning technical skills of students and its risks cannot be neglected. The lack of difficulty in self-regulation and susceptibility to peer pressure makes students vulnerable to such evils as Face book depression, induced obesity, Internet addiction, sleep deprivation, anxiety, mental depressions

and cyber bullying which are real threats. Usage of social media has an impact overall well-being of the student. Hence the researchers have considered this study which is titled as, **“Usage of Social media and Well-being of Higher Secondary students”**.

## **OPERATIONAL DEFINITIONS OF THE TERMS**

### **Usage of social media**

By this term the investigators refer to the usage of computer and cellular phone based applications and tools used by higher secondary students to acquire, communicate and share information with others.

### **Well-being**

The term well-being refers to the quality of life. It is the measure of healthy body, mental functioning, social and personal relationship, emotional stability and guiding beliefs to make one's life better. It is measured under the dimensions physical, mental, emotional, social and spiritual well-being.

### **Higher Secondary students**

By this term the investigator means the students studying in XI and XII standard in general and in vocational stream.

## **OBJECTIVES OF THE STUDY**

1. To find out whether there is any significant difference in usage of social media of higher secondary students with respect to gender and location of the school;
2. To find out whether there is any significant difference in well-being and its dimensions of higher secondary students with respect to their gender and location of the school; and
3. To find out the relationship between usage of social media and well-being and its dimensions of higher secondary students.

## **HYPOTHESES**

1. There is no significant difference in usage of social media of higher secondary students with respect to gender and location of the school
2. There is no significant difference in well-being and its dimensions of higher secondary students with respect to gender.
3. There is no significant difference in well-being and its dimensions of higher secondary students with respect to location of the school.
4. There is no significant relationship between usage of social media and well-being and its dimensions of Higher Secondary students

## METHOD ADOPTED

Method adopted for the present study is the survey method.

## TOOLS USED

The following are the tools used in this study

1. Usage of Social media questionnaire constructed and validated by Amalraj and Praja (2018).
2. Wellbeing scale developed by Jesgsharanbir Singh Sandha and Asha Gupta (2002)

## POPULATION AND SAMPLE

The population of the present study consists of higher secondary students studying in Tirunelveli district. The sample consists of 400 XI higher secondary students studying in Tirunelveli district.

## ANALYSIS OF DATA

### Hypothesis 1

1. There is no significant difference in usage of social media of higher secondary students with respect to gender and location of the school.

*Table 1*

*Difference in usage of social media of higher secondary students with respect to gender and location of the school.*

Background variables		N	Mean	SD	Calculated 't' Value	Remarks at 5% level
Gender	Male	200	51.09	10.406	2.199	S
	Female	200	48.91	9.476		
Location of the school	Rural	200	50.21	9.144	0.427	NS
	Urban	200	49.79	10.807		

**(At 5% level of significance the table value of 't' is 1.96)**

It is inferred from the above table that there is significant difference between male and female higher secondary students in usage of social media. But there is no significant difference between rural and urban higher secondary students in usage of social media. While comparing the mean scores of male (51.09) and female (48.91) higher secondary students, male higher secondary students are better than female higher secondary students in usage of social media.

## Hypothesis 2

There is no significant difference in wellbeing and its dimensions of higher secondary students with respect to gender.

**Table 2**

*Difference in well-being and its dimensions of higher secondary students with respect to gender*

Well-being and its dimensions	Male N=200		Female N=200		Calculated 't' Value	Remarks at 5% level
	Mean	SD	Mean	SD		
Physical	51.08	10.199	48.90	9.721	2.192	S
Mental	51.30	9.819	48.69	10.031	2.632	S
Social	51.52	10.668	48.47	9.059	3.083	S
Emotional	48.47	9.059	51.31	9.324	1.107	NS
Spiritual	48.67	10.490	51.31	9.324	2.665	S
Well-being	50.92	10.482	49.08	9.431	1.847	NS

**(At 5% level of significance the table value of 't' is 1.96)**

It is inferred from the above table that there is a significant difference in the physical well-being, mental well-being, social well-being and spiritual well-being of higher secondary students with respect to gender. While comparing the mean scores of male higher secondary students (55.08, 51.30, 51.52) and female higher secondary students (48.90, 48.69, 48.47) male higher secondary students are better than female higher secondary students in their physical, mental, social and spiritual well-being. Also female higher secondary students (51.31) are better than male higher secondary students (48.67) in their spiritual well-being. But there is no significant difference in emotional well-being and well-being in total of higher secondary students with respect to gender.

### Hypothesis 3

3. There is no significant difference in well-being and its dimensions of higher secondary students with respect to location of the school.

**Table 3**

***Difference in well-being and its dimensions of higher secondary students with respect to location of the school***

Well-being and its dimensions	Rural N=200		Urban N=200		Calculated 't' Value	Remarks at 5% level
	Mean	SD	Mean	SD		
Physical	50.21	10.161	49.77	9.878	0.436	NS
Mental	50.83	8.981	49.16	10.882	1.671	NS
Social	50.48	9.786	49.50	10.213	0.983	NS
Emotional	49.73	10.180	50.27	9.831	0.547	NS
Spiritual	50.51	9.323	49.49	10.633	0.949	NS
Well-being	50.21	9.144	49.79	10.807	1.023	NS

**(At 5% level of significance the table value of 't' is 1.96)**

It is inferred from the above table that there is no significant difference in physical well-being, mental well-being, social well-being, emotional well-being, spiritual well-being and well-being in total of higher secondary students with respect to location of the school.

### Hypothesis 4

4. There is no significant relationship between usage of social media and well-being and its dimensions of higher secondary students.

**Table 4**

***Relationship between usage of social media and well-being and its dimensions of higher secondary students***

Well-being and its dimension	Calculated Value of 'γ'	Remarks at 5% level
Physical	0.077	NS
Mental	0.020	NS
Social	0.131	S
Emotional	0.011	NS
Spiritual	0.042	NS
Well-being	0.059	NS

**(At 5% level of significance for '398' df the table value of 'γ' is '0.098')**

It is inferred from the above table that there is significant relationship between usage of social media and social wellbeing of higher secondary students. But there is no significant relationship between usage of social media and physical well-being, mental

well-being, emotional well-being, spiritual well-being and well-being in total of higher secondary students.

## **INTERPRETATION**

Male higher secondary students are better than female higher secondary students in the usage of social media. This is may be due to the fact that male higher secondary students use social media mostly for making new friends and relationships, while female students use it mostly for finding their old friends and keeping in touch with the existing ones. Also female students do not disclose themselves to people they don't really know because of social pressure and traditional social roles associated with women.

Male higher secondary students are better than female higher secondary students in physical, mental, social and spiritual well-being. This may due to the fact that male higher secondary students are in the stage of adolescent, they become mature and adjust with the environment. Also female higher Secondary students are better than male higher secondary students in spiritual well-being. This may be due to the fact that from the childhood, the girls spent more time with parents and know the spiritual values and traditional values.

There is a significant relationship between the usage of social media and well-being and its dimension, social well-being of urban higher secondary students. This may due to the fact that the urban higher secondary students get more opportunity to use social media. Economic conditions of urban school students are also good when compared to rural students. The urban students also make use of social media to spread information and for circulating their important materials. They also referred to the information given by social media for educational purposes like doing assignments, projects or for supplementing their knowledge or for making notes.

## **CONCLUSION**

The increase in the usage of social media and advancement in technology, social media networking will continue to be reckon with as part and parcel of everyday life. This research was an attempt to examine the usage of social media and well-being of higher secondary students. Social media is a vast field of communication where barriers are fast fading while the growing need for access to data has great significance. This will continue to influence activities of adolescents and youths in particular within this world. Unfortunately this has become detrimental to students' academic progress and psychosocial behaviour and on the other hand when put to proper use will enhance both.

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