

Negative Impact on Academic Performance, Anxiety and Insomnia Due to Excessive Use of Social Media among University Students of Lahore (Pakistan).

*Dr. Amna Shahid¹, Muhammad Zubair Awan², Waqas Siddique³,
Hafiza Taneeza Nadeem⁴, Maham Chaudhary⁵

*Corresponding Author: Amna.shahid59@yahoo.com

Abstract

Now a day, social networking sites are most commonly used among all age groups. But the use of internet is significantly increasing among students. Social networking sites has thousands of its positive outcome but it depends on its usage. People are using them without any limitation and this overuse or overload of social networking sites giving adverse outcomes on young adults. Social media now become mode of communication among youth. Frequent use of social media and different networking sites show negative impact on their academic performance, sleep, physical and mental health. Anxiety and severe depression are also caused by excessive use of social media. Internet addiction and social phobia is significantly increasing and impairing normal functioning for youth. It is also interfering with their normal development leading to insomnia, mental health problems, anxiety, mood swings resulting to avoid or ignorance of their academic activities and refusal to go university.

Key Words: Social Media, Anxiety, Academic Performance, Mental Health, Insomnia.

1. Introduction

Modern Technology is nowadays exorbitantly used by the people of all ages. The impact of modern technology is irrational. Sometimes modern technology has negative impact on our lives, people are becoming addict. Using excessive use of modern technology may result in problems that we never heard of before a decade. It is just because of the way we implement technology do more damage than good. If we look at the new generation we come to know that our new generation is suffering from many physical, psychological and mental problems due to technology [1]. The term “Social media” means different networking sites which give easy access people to communicate verbally and visually all over the world. According to new researches almost 92% teenagers use social media. Use of social media is increasing in

young people day by day, so some precautionary measures should take on exigencies to measure negative impact on mental health problems of teenagers. Social media usage is not directly linked with mental & physical health problems [2].

Prolonged use of social media disturbs normal sleep process, reduces sleep hours & disturbs normal brain functions. Use of Social media increases the sedentary behavior, decreases the quality of life & leads to serious health problems (hypertension, diabetes & heart attack). Another negative impact of social media on young people is loneliness. They don't want to communicate with their parents, siblings & other family members. It results in anxiety problems & sometimes it leads to severe depression. [3]. Communication through social networking sites are now one of the most important attribute of student life. They seem all the time busy in sharing media & doing text messaging which is affecting their academic performance. This is an alarming situation that students are paying more attention to social based networking sites instead of their studies [4]. Social networking sites grant unlimited advantages to communicate easily among thousands or millions of people all over the world. But unfortunately deleterious effects of social networking sites outweigh its advantages. Literature reveals that students who are addicted or over use social media resulting in nightmare, apnea, poor sleep quality, insomnia, anxiety, prolonged depression, and poor academic performance and sometimes get involved in suicidal attempts [5]. Comparison of traditional media (television, movies) among social media (Facebook) found that young people start idealizing their lives by seeing their attractive people on traditional media, they make their fantasy world and start living in it. On the other hand young people who are using social media they are afraid of being socially and occupationally active. They prefer instant messaging and E-mail instead of meeting people physically. They also worried when they did not get reply of their messages. They feel emotional instability and develop a feeling of depression. It increases suicidal attempts and self-injurious behavior also exposed in some youth. Not all the teenagers get involved in these deleterious activities, suicidal behavior due to internet use is dependent on the specific information used by the individual and on the people with whom they are connected [6].

Problematic internet use and internet addiction is extensively growing in our country & leads to serious negative psychological & mental health problems in young adults. Although Pakistan is a developing country, but it is an alarming situation that use of social networking sites is growing more than socio-economic status [7]. Social networking sites in the last two decades is emerging dramatically in the developing countries. Today in Pakistan the percentage of internet users is 33.14% which shows around 70 million people using internet. Facebook users in Pakistan is approximately 31 467 000 which is 15.1% of its entire population. Instagram users in Pakistan is about 5199 000, 25% of its entire population. According to survey 73% people in Pakistan are frequent users of you tube. This an amazing fact that men are spending more time on social media than women. The age group using social media is between 19 to 25 years. This frequent

use of emerging technology is allocating negative and harmful effects on young adults compromising their academic performance, sleep, physical & mental health also [8].

Literature shows that college & university students are more interested in using social networking sites. This age group is communicating more via social networking sites as compared to other age group. They are spending more time in using social media which shows negative impact on their academic performance [9].

During different studies researchers observe internet addiction is mostly found in youth which are undergraduates. This age group is at high risk of using social media because they have more free time, no check and balance from parents on their activities. Due to this lack of supervision young adults are more prone towards harmful effects of social media [10].

2. Objective of the study:

The aim of this study is:

To investigate the negative impact of social media usage among students.

Hypothesis: If university students make excess use of social media, their academic performance and psychosocial wellbeing will affect negatively.

Null hypothesis: If university students make excess use of social media it will not affect their academic performance and psychosocial wellbeing negatively.

3. Methodology

Study design:

Cross sectional study design will be used in the study

Setting:

Study will be conducting under the premises of University of Lahore, University of Punjab, University of Management & Technology & Government College University Lahore.

Sample size:

Data will be collecting from 500 participants

Sampling technique:

Non probability convenient sampling technique will be used in this study

4. Sample Selection

Inclusion Criteria:

- Undergraduate students
- Students between 18-26 years of age group
- Both male & female will be including

Exclusion Criteria:

- School, college & postgraduate students will be excluding in this study
- People below 18 years and above 26 years of age

Study tool:

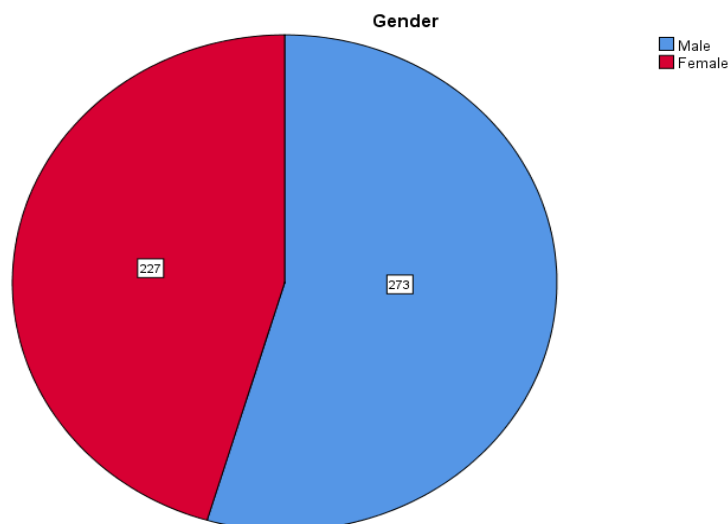
Questionnaire will be used to collect data from participants. Questionnaire is consist of 4 sections. In first section participant will provide personal information and the second section will access negative impact on their academic performance (10 items). Third section will identify the presence of anxiety (10 items). The last section will tell about participants sleep hours and quality (10 items). Purpose of this study will be explained to the participant. Both male & female will be included in the study & they will be recruited from Afro Asian institute.

Variables

- **Independent:** Academic Performance, Anxiety, Insomnia
- **Dependent:** Social media

Data Analysis:

Data was analyzed by using IBM Statistical Package for Social Sciences (SPSS) version 26. Categorical variables were presented in the form of percentages, proportions and frequencies. Results were presented in the form of appropriate graphs, charts and tables. Histogram was used to access the normality of data.



5. RESULTS

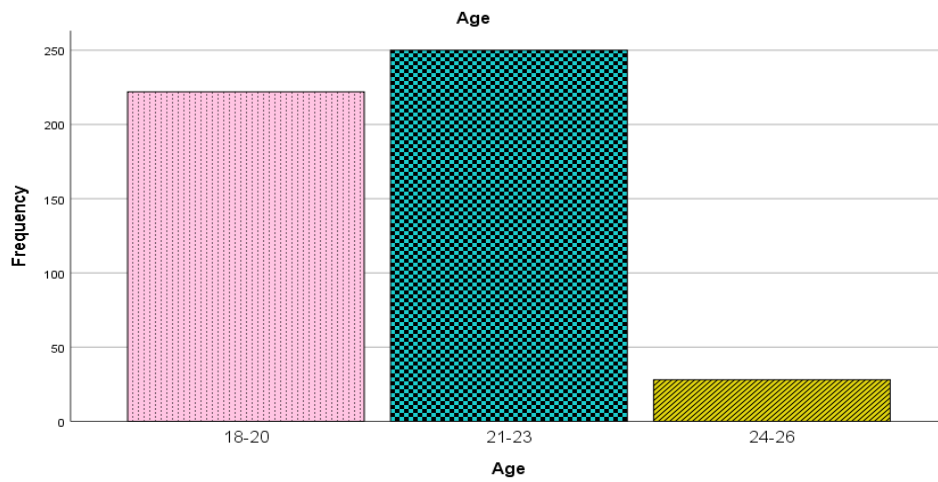


Figure: 1 Descriptive Statistics of Gender

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Figure: 2 Descriptive Statistics of Age

| Gender | | | | | |
|--------|--------|-----------|---------|---------------|--------------------|
| | | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | Male | 273 | 54.2 | 54.6 | 54.6 |
| | Female | 227 | 45.0 | 45.4 | 100.0 |
| | Total | 500 | 99.2 | 100.0 | |

| | | | | | |
|---------|--------|-----|-------|--|--|
| Missing | System | 4 | .8 | | |
| Total | | 504 | 100.0 | | |

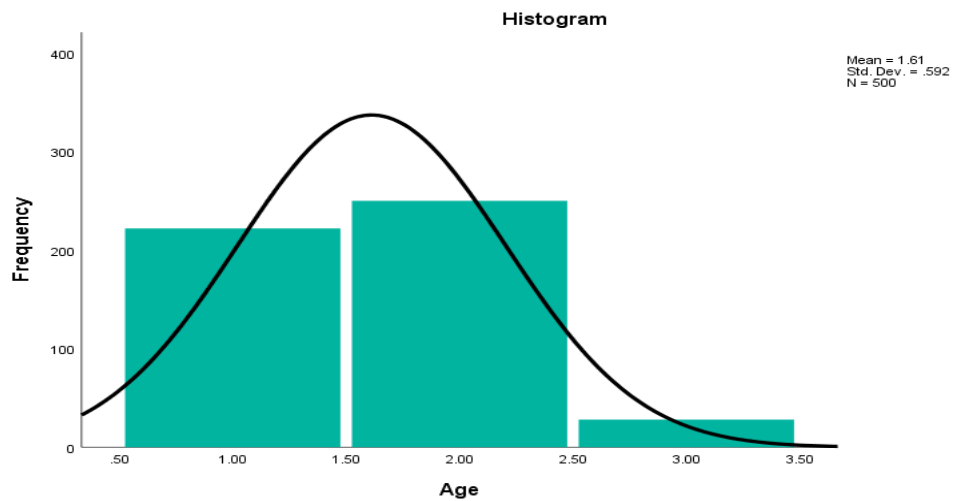
Table 1: Statistics of Gender

| Age | | | | | |
|-------|-------|-----------|---------|---------------|--------------------|
| | | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | 18-20 | 222 | 44.0 | 44.4 | 44.4 |
| | 21-23 | 250 | 49.6 | 50.0 | 94.4 |
| | 24-26 | 28 | 5.6 | 5.6 | 100.0 |
| | Total | 500 | 99.2 | 100.0 | |
| Total | | 504 | 100.0 | | |

Table 2: Statistics of Age

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Figure:



3

Histogram

| Descriptive Statistics | | | |
|---|--------|----------------|-----|
| | Mean | Std. Deviation | N |
| How often do you find that you stay online longer than you planned? | 3.4660 | 1.37427 | 500 |
| How often do you neglect academic activities to spend more time online? | 2.9520 | 1.42329 | 500 |
| How often does your grades suffers because of the amount of time you spend online? | 2.6760 | 1.69137 | 500 |
| How often do you get punished by teachers because of using internet in the class room? | 1.2820 | 1.77109 | 500 |
| How often do you get failed in your exams? | 1.3040 | 1.74404 | 500 |
| How often do you neglect your assignments and quizzes to stay online? | 2.0040 | 1.84901 | 500 |
| How often do you check your email, WhatsApp or Facebook before you start studying? | 3.8500 | 1.33831 | 500 |
| How often does your productivity suffer because of the Internet? | 2.6120 | 1.66102 | 500 |
| How often do you feel difficult to pay concentration towards your studies? | 2.9800 | 2.10724 | 500 |
| How often do you feel that using internet is more exciting & joyful than academic activities? | 3.1120 | 1.66162 | 500 |

| Descriptive Statistics | | | |
|---|--------|----------------|-----|
| | Mean | Std. Deviation | N |
| How often do you feel depressed, moody or nervous when you are offline, which goes away once you are back online? | 2.6720 | 1.80636 | 500 |
| How often do you fear that life without the Internet would be boring, empty, and joyless? | 3.1660 | 1.62719 | 500 |
| How often do you scream or act angry if someone bothers you while you are online? | 2.3380 | 1.71278 | 500 |
| How often do you find it difficult to work up the initiative to do things? | 3.2140 | 1.30061 | 500 |
| How often do you feel preoccupied with the Internet when offline, or fantasize about being online? | 2.5500 | 1.55058 | 500 |
| How often do you develop suicidal thoughts or wishes when you get ignored by your friend & with fellow online users | 1.7320 | 1.94106 | 500 |
| How often do you try to cut down the amount of time you spend online & fail | 3.4500 | 1.43234 | 500 |
| How often you find yourself getting nervous while using social media? | 2.0560 | 1.72360 | 500 |
| How often do you feel your life is meaningless | 2.0780 | 1.84899 | 500 |
| How often do you develop a feeling of irritability, tiredness or fatigue? | 2.4640 | 1.63034 | 500 |

| Descriptive Statistics | | | |
|--|--------|----------------|-----|
| | Mean | Std. Deviation | N |
| Approximately how much sleep do you get each night, on average? | 2.1800 | 1.04967 | 500 |
| Thinking hypothetically, how much sleep you would LIKE to get each night on average? | 3.4720 | .87335 | 500 |
| Do you find sleep latency due to your internet usage? | 2.6700 | 1.81319 | 500 |
| Approximately how many hours of sleep do you need to function at your best? | 3.3960 | .79527 | 500 |
| What factors do you feel are stopping you from getting the ideal amount of sleep that you need to function at your best? | 1.4660 | .72794 | 500 |
| Do you currently suffer, or have you ever suffered, from any of the following sleeping disorders? | .8460 | 1.17176 | 500 |
| Have you ever use sleep medications? | .9260 | 1.43270 | 500 |
| How often do you lose sleep due to late night logins? | 3.2440 | 1.61173 | 500 |
| Does your sleep affect your concentration, productivity, or ability to stay awake? | 3.2500 | 1.82926 | 500 |
| How would you rate your sleep quality? | 1.8020 | .97812 | 500 |

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Author's Profile

Dr. Amna Shahid

Consultant Physiotherapist at Mid-City Hospital, Lahore

Amna.shahid59@yahoo.com

Muhammad Zubair Awan

Lecturer Computer Science Department, Afro Asian Institute, Lahore

zubairawan.oul@gmail.com

Waqas Siddique

M.Phil. Sociology, Lahore Leads University, Lahore

waqassiddique21@gmail.com

Hafiza Taneeza Nadeem

Department of Physiotherapy, Afro Asian Institute, Lahore

ishaljutt86@gmail.com

Maham Chaudhary

Department of Physiotherapy, Afro Asian Institute, Lahore

onlymahamch@gmail.com