

Utilization of Facebook website in Avoiding Academic performance and Health Hazards: A Study of Khairpur Medical College Students'

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Abstract—The Rapid development of technology has changed the individual and social life while use of various websites with advanced digital devices. Utilization of Facebook website is one of them recently played a vital role in the social circle of Students lives particularly at educational environments. Academic authorities build an efforts to produce an honest quality and supportive learning interfaces. Each and every student is engaged to become a part of such a social network i.e. Facebook. The researcher selected the rural university of Sindh province and 217 Questionnaire distribute among the respondents of undergraduate students of Khairpur Medical College. This paper is carried out the effects of Facebook use on health and academic performance. Moreover, this paper provides the critical analysis to the way students are socialized towards Facebook and another side they forget their educational aims and learning stage and where be them stands now? Whereas they're totally unaware corresponding future consequences and misinterpret the hidden hazards besides the utilization of Facebook.

Index Terms— Facebook, Medical Students, academic performance, Health hazards.

1 INTRODUCTION

In 1983, Internet was assembled in network of global network. It was adopted by ARPANET. The Internet is becoming more recognizable foundation of the modern world period (1990 to present). The Internet is one of major source of the technology in order to provide a facility to communicate with peoples diversely such as electronic mail, instant messages, online social sites, web logs, and so on. Frequently people visit and interact with other peoples' activities aggressively [1].

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Now a days, technology removes the border of countries virtually that enhance the greatest users' interaction and collaboration with communication channels [2]. It is based on community interactions to share information with other communities that enables to discover different clusters of information to refine the real new information for the quality of learners [3].

Social networks are online communities recognized by websites such as Facebook website that allow to create and maintain new social interconnections rather than traditional social networks. These are frequently used to create relationships with individual needs and to share common interest. They are collaborated with same group of people with same interest [4]. Peoples are engaged and stay busy in society with using social network tools as network refers the connection of different peoples that they connected with another peoples on similar sites to define the relationships with new and old friends [5]. Facebook is one of the famous type of social network site that is widely used in the society especially in the field of education where each age of gender available to communicate and make relationships with others while use of various advanced digital devices in academic platforms such as: Computer, Laptop, Mobile phone and so on [6].

Facebook has played viable role in education that is commonly used by teachers and students for learning purpose in institutes and around the world. It has changed the way of learning and teaching approaches through the

development of cognitive skills in education. . It facilitates the personnel with new approaches to teach and learn in new process effectively rather than the traditional approaches in teaching and learning environments. Students and teachers are participated collaboratively in thinking skills. Students has enhanced their thinking and learning skills [7]. These are the mediator of facilitators in the process of students encouragement especially in the improving the academic results. Effective learning can develop among collaborative learners. It enable learners and teachers to share and publish information of learning activities such as: class material, syllabus, course notes, assignments, test cases and results through on the utilization of social media to resolve the educational problems with their friends and encourage them to learn in the groups with the involvement of experts and learners [8].

2 LITERATURE REVIEW

Education has adopted electronic technologies with different aspects of usage to refurbish with innovative environments and integrate with effective learning processes for such as: library users, faculty user, and administration users [8] [9]. Facebook is one of the latest current using tool of social network over all the world among students. It impacts on students for educating with varied activities to involve with different process of channels. Past studies [10] [11] examined the relationship of Facebook with academic performance. Before the Resultant 73% for students claimed that Facebook has not impact on studies and 26.2% has impacts on academic performance when the survey followed up with 35 participants, overwhelmed opposite of result acquisitive 74.3% indicated the negative impacts and 25.7% a positive impact. On other side question raised. Does media effects on health? It was very difficult and complex to analyze statement, decade of research showed media as tool that had not any effects on students' learnings. Facebook is also one of the tools of media that most adults attract to use them in their daily life routine. It provides platform for adults to develop personal and social identities. These feature and adoption of culture norm and social capital of social network communities may cause of effect Human behaviors [12]. Recent research focused on the relationship between Facebook and Health: individuals are unaware having health problems. Once someone has health issues, his or her life will be affected; People need to be awarded about health. Nowadays, a health issue, not only comes from the society environment but also within the Internet environment. Decade of years the impact of television was main discussion issue was the addiction affect health, today's issues deal SNS addiction and the increased amount of time young people and adults spend on SNS (i.e. Facebook). Finding was identified the effect of internet addiction on mental health (stress) of the students that are more addict and getting wrong use of it [13]. Rehearsals of task accumulates the recall the data as human

consciously engaged in repetitive task to do multitasking the effectiveness of worth become slows and tiredness made to lose the control of rehearsal and forget easily. However, a cause of stress associated with tiredness came through multitasking activities [14]. Different Researcher found that Facebook effects the human factors. The effects of social networking site on the academic achievements of students and most of the students used social network site at night time rather than on day-time they have not found fully active to concentrate on their tasks that point immediately negative impact on their academic performance due to sleepless cause disturbance and impacts on mental health of the user [15].

2.1 Facebook and Academic Performance

Students grew up in a world of technology that makes the Internet "a central and key element" in their daily lives. Recent research has focused on the relationship between Facebook and Academic performance The findings [16] was identified the effect of internet addiction on academic performance of the students under the age of teen group more addicted and getting wrong use of it. The Considered 47% as Facebook addiction reflected the academic performance. It is very essential part of an individual's life for every level of students [17]. Academic performance is more important in education today student's shows very much interest for using Facebook but unfortunately Facebook affect academic performance poorly. Showed essential need of SNS become destruct the future of students badly. Facebook has been used highly and increasing the worth over the years because it easy to use, very popular social network site and it can be login into many different devices like mobiles, tablets, laptops and desktops independent activity of students could not check individually which has been performed by students. It can be dangerous to increase the students' addiction and its effects on their academic performance as well as student future [18].

3 PROBLEM STATEMENT

Facebook has been frequently used since last twelve years. Facebook was designed especially, undergraduate students. It is most popular site since 2004 to present. Facebook made significant distraction to students however, use of Facebook and much spent time on Facebook affects relationships on academic performance i.e. study time. Students are being habitual to check Facebook during studying time and became a cause of distraction in coursework. It seems to students gave high priority to use Facebook rather than study or learning times [19]. Students are counted in highest list of Facebook users in research found that 90% of university students has Facebook accounts and checked it on daily basis, checking of account become addiction and makes habit of daily activity of many students. Recently, research found the numerous vary of studies related to use of Facebook that well-known specific

changes to construct positive outcomes of the web services usage as well as preference to on-line social interactions [20]. Problem of this research investigates on how students are using Facebook for academic purpose whether a relation exists or not between them and how Facebook effects the students' health hazards while use of Facebook.

4 OBJECTIVES

- To study the effects of students' Academic performance of Undergraduate Students.
- To study the effects of students' Health hazards of Undergraduate Students.

5 RESEARCH METHODOLOGY

5.1 Sample

The Sample is consisted of 217 participants (Male=80.4% and Female=19.6%) of students enrolled in undergraduate program in Khairpur Medical College. This study is represented through a convenient random sample technique.

5.2 Data collection

The Research questionnaire is developed on primarily

based from the Literature, exiting survey and previous studies. Questionnaire were distributed among medical students and medical doctors. Questionnaire items were distributed into 4 sections (Demographic section, Academic section, Facebook section and Health section) which covered enough information to collect the data. Pilot study was conducted before distribution of instrument among participants. Pearson Correlation method is used to test the reliability of the question items. This Study examines (Cronbach's alpha = 0.80) reliable to go through for data collection.

5.3 Procedure

Self-administrated structure is used to collect the data form participants. Before distributing of questionnaire, overview was presented about purpose of research.

5.4 DATA Analysis

SPSS tool is used to perform data analysis of the survey. All the data are keyed in an Excel spreadsheet before using the Statistical Package for the Social Sciences (SPSS) software. Description statistics were used in Item wise. Date were presented in Table form to show the all items in percentage.

TABLE.01
ITEM WISE ANALYSIS EXTRACTED FROM SPSS

WHEREAS SD: STRONGLY DISAGREE, D: DISAGREE, U: UNCERTAIN, A: AGREE, SA: STRONGLY AGREE

ITEM	SD	D	U	A	SA	Total
I AM PROUD TO TELL PEOPLE I AM ON FACEBOOK.	1 0 0	2 2 .9%	3 5 2.3%	4 12 5.5%	5 198 91.2%	217 100%
I AM PROUD TO TELL I HAVE MORE THAN ONE FACEBOOK ACCOUNTS.	12 5.5%	5 2.3%	73 33.6%	79 36.4%	48 22.1%	217 100%
I THINK FACEBOOK SUPPORT MY STUDY TIMINGS.	85 39.1%	38 17.5%	44 20.2%	20 9.2%	30 13.8%	217 100%
I FEEL OUT OF TOUCH WHEN I HAVEN'T LOGGED ONTO FACEBOOK FOR A WHILE.	15 6.9%	19 8.7%	39 17.9%	55 25.3%	89 41.0%	217 100%
I WOULD BE DISAPPOINTED IF I COULD NOT USE MY FACEBOOK ACCOUNT FOR A WEEK.	3 1.3%	37 17.0%	33 15.2%	79 36.4%	65 29.9%	217 100%
I FEEL A NEED TO USE FACEBOOK MORE AND MORE	0 0	0 0	45 20.7%	67 30.8%	105 48.3%	217 100%
I HAVE BECOME RESTLESS OR TROUBLED IF I AM PROHIBITED FROM USING FACEBOOK.	15 6.9%	5 2.3%	24 11.0%	72 33.1%	107 49.3%	217 100%
I USE MY FACEBOOK ACCOUNT TO COMMUNICATE WITH MY CLASSMATES	12 5.5%	15 6.9%	33 15.2%	98 45.1%	59 27.1%	217 100%
FACEBOOK EFFECT ON MY HEALTH, I FACE HEALTH ISSUES	7 3.2%	6 2.7%	45 20.7%	67 30.8%	92 42.3%	217 100%
MOSTLY, I HAVE HEADACHE DUE TO HEAVY USE OF FACEBOOK FOR LONG TIME.	7 3.2%	5 2.3%	72 33.1%	89 41.0%	44 20.2%	217 100%
MOSTLY, I AM SLEEPING DISORDERLY WHILE USE OF FACEBOOK.	20 9.2%	38 17.5%	44 20.2%	85 39.1%	30 13.8%	217 100%
MOSTLY, I HAVE EYESIGHT PROBLEM DUE	12	15	33	98	59	217

TO HEAVY USE OF FACEBOOK.	5.5%	6.9%	15.2%	45.1%	27.1%	100%
I USE FACEBOOK SO MUCH THAT IT HAS HAD A NEGATIVE IMPACT ON MY HEALTH.	15	5	24	72	107	217
FACEBOOK HAS BECOME PART OF MY DAILY ROUTINE.	6.9%	2.3%	11.0%	33.1%	49.3%	100%
FACEBOOK INCREASE MY ACADEMIC PERFORMANCE.	0	0	45	67	105	217
I MISSED ACADEMIC HOMEWORK WHILE USING FACEBOOK.	0	0	20.7%	30.8%	48.3%	100%
I CHECK MY FACEBOOK ACCOUNT DURING CLASS.	98	47	72	0	0	217
I DO NOT SPEND EXCESSIVE AMOUNT OF TIME ON MY FACEBOOK ACCOUNT.	45.1%	21.6%	33.1%	0	0	100%
I USE FACEBOOK SO MUCH THAT IT HAS HAD A NEGATIVE IMPACT ON MY STUDIES.	41	23	32	75	46	217
MY ACADEMICS ARE MY MAIN FOCUS VS FACEBOOK.	18.8%	10.5%	14.7%	34.5%	21.1%	100%
	22	45	15	33	102	217
	10.1%	20.7%	6.9%	15.2%	47.0%	100%
	12	15	45	72	73	217
	5.5%	6.9%	20.7%	33.1%	33.6%	100%
	105	33	25	37	17	217
	48.3%	15.2%	11.5%	17.0%	7.8%	100%
	101	24	5	72	15	217
	46.5%	11.0%	2.3%	33.1%	6.9%	100%

6 RESULTS

According to the survey of utilization of Facebook website in avoiding academic performance and health hazards, Table 01, results were extracted in Item wise. Each item has represented their own information in relation of effects. The list of items is following below:

- (91.2%) of respondents strongly agreed to response that use of Facebook account.
- (36.4%) of respondents agree that have more than one Facebook account.
- (39.1%) of response strongly disagree that Facebook supports their study timings.
- (41.0%) of respondents response feel out of touch when they haven't logged onto Facebook for a while.
- (36.4%) of respondents response they disappointed if I could not use my Facebook Account for a week.
- (48.3%) of respondents response they feel a need to use Facebook more and more.
- (49.3%) Strongly agreed they become restless or troubled if students prohibited from using Facebook.
- (45.1%) agreed they use Facebook account to communicate with my classmate.
- (42.3%) strongly agreed that Facebook effect on their health and face health issues.
- (41.0%) agreed mostly, they have headache while use of Facebook for long time.
- (39.1%) agree that they sleeping disorderly while use of Facebook.
- (45.1%) agreed mostly, they have eyesight problem due to heavy use of Facebook.
- (49.3%) strongly agree they use Facebook so much that it has had a negative impact on health.
- (48.3%) Facebook has become part of my daily routine.
- (45.1%) strongly disagreed Facebook increase my academic performance.

- (34.5%) agreed, they missed academic homework while using Facebook.
- (47.0%) strongly agreed check my Facebook account during class.
- (33.6%) strongly agree, they do not spend excessive amount of time on my Facebook account
- (48.3%) of the students strongly agree, I use Facebook so much that it has had a negative impact on my studies.
- (46.5%) of the students strongly disagree, academics are main focus vs. Facebook.

7 DISCUSSION

This study consisted of 217 participants (Male=80.4% and Female=19.6%) of students enrolled in undergraduate program in Khairpur Medical College. Every invention of period investigated the positive and negative effects. According to Junco, R., & Cotten, S. R of coin sides same as situation of Facebook website also raised negative effects [20]. Results revealed the strong relationship with Facebook and health. According to Kubey Lavin and Barrows examined the students' poor academic performance due to use of internet [21]. Previous studies Rouis, S., Limayem showed there were in a relation between health and academic performance of students [22]. According K. S. Young to found that Facebook website was not created for students' engagements to make friends many Researcher found that students were sleepless due to login on late night to surf websites that effects health and fatigue that cause of poor health and academic performance [23]. S. Z. S. Sharifah identified digital era explode the unrecognizable changes in human behaviour occurred hyperactivity and depression due to use of different social networks that effects [24]. J. Raacke and J. Bonds-Raacke Found 89.1% of medical students use Facebook for entertainment purpose. Facebook adopted in academic areas as channel of learning purpose globally and misused by students and cause of bad health [25].

8 CONCLUSION

Excessive utilization of Facebook website has an important positive and negative effects on academic careers of students. Students are online and engaged with Facebook in their daily routines like as classrooms, during lectures using Facebook. It examines the student academic suffer from sites.

After the interpretation of results the highest contribution of results saying the using of Facebook increases, the amount of health risks would also increase. The academic performance and health has negative effects of the using of Facebook, Health and academic performance of the students will be caused in poor health. Facebook is frequently utilized by students that may cause to decrease in academic performance and academic performance depends on students' usage that how much Facebook is being used by students in a day.

9 RECOMMENDATION

Here are few suggestions that may guide to utilize Facebook in academic areas to safe health and focus on academic performance.

- Avoid excessive time on Facebook that may harms to health.
- Reduced the brightness of your systems that cause of health issues (eyesight and headache).
- Irrelevant sites must be blocked.
- Time must be predefined and scheduled in your daily routines.
- Use of resources is better to utilize in better way to avoid unnecessary activities.

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