The Impact of using Facebook on the Social Life of College Students

Deepali A. Mahajan

Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, India

C. Namrata Mahender

Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, India

Corresponding author: Deepali A. Mahajan, Email: deepaliborole@gmail.com

The advancement in information technology brings new ways of communication among the people, especially among the students. This changes the social life of the students as they are continuously engaged on social networking sites (SNS), they are far away from the actual relationships. This study finds the addictive behavior of the students towards Facebook, as this application is more popular among the students. We have conducted a survey for 484 students from which 107 responses collected using offline survey and 381 responses were collected by online survey. SPSS has been used for statistical analysis of the questions. For the selected questions calculated the frequencies and percentage. This gives us information about the variable Excess use and social life. Further, we found a negative correlation between the variables which means excessive use of Face-book is negatively related to Social life. Students get disconnected from society because of the excess use of Facebook.

Keywords: SNS, Facebook, Social life, Questionnaire, Social Media, Addiction.

1   Introduction

The major percentage of population of internet users those have been accepted the social media application as the parts of their life are the school and college students. In many cases the student are living in two different worlds, one the actual real world or physical world and second is the virtual or imaginary world of social media. Students have hundreds of online friends, but all these are the virtual. Many of them are not known to the students. In this entire scenario it is the question must be address that whether the social media websites are positively or negatively impacting on the student's academic as well as social life. Nowadays electronic technologies, use of internet and social media have been adopted in the education system. Students are socially active on the social networking sites. They don't know about the people around them. Social communication is nothing but it is a means of communication using the internet which is popular now a day. We used to communicate in traditional methods years ago like direct person to person communication, or by using phones, writing letters etc. The new ways of communication made the human life easier, yet it has created forms of communication less formal [1]. Meaning of relations is changing because of social media. Stress is increasing in the relations because of excess use of Social media. Users share the photos and post on the social media and unknowingly we start to relate or compare this with our life and relations. The real word facts are different than the virtual world, as a result the expectations are increasing from each other.

As a communication platform, Facebook is growing increasingly popular. Social networking sites are popular in youth for maintain and establish relationships [2]. Nowadays social media is not only use for entertainment and communication but also for gaining and spreading the information among the society. In the field of education students are using the social media for socializing and interacting with each other for the study purpose. Excessive Facebook use has negative impact on the student's academics. Facebook addiction and academics is negatively correlated with each other [3].

Individuals can create a public or semi-public profile within a boundary system by articulating a list of other users with whom they share a relationship on Social Networking Sites (SNS). [4]. On the internet, there are numerous social networking sites such as Facebook, Twitter, WhatsApp, LinkedIn, YouTube, Myspace, Snapchat, and Telegram.. Among all these SNS services Facebook is a social network which has 2.8 billion monthly active users, and India has the largest population of Facebook users in the world [5]. Though Facebook is a very good tool for interacting with each other and for academic purpose, because of crossing the limit of timing for using this application it is becoming the addictive in the students. When this application becomes the addictive it starts impacting on the different areas of their life such as workplace, schooling, and Social life.

1.1 Facebook and Social Life

Facebook became the integral part of every one's life. Facebook is mostly used to retain with social contacts in college life and it becomes the integral part of many students' daily routine. The excess use of Facebook results the disorder FAD i.e. Facebook Addiction Disorder. It leaves the psychological impact on the Facebook user. This also results that people get isolated from the real world and continuously engaged on Facebook. Facebook has impacted the social networking of the people, keeping these figures in mind. As an example, a variety of studies have evaluated that Face book use is related to enhance sociability.

The goal of this study is to determine the association between internet addiction elements such as excessive use and students' social lives.

2 Literature Survey

Bekalu et al. [6] investigated that Social media use has been linked to three health outcomes: social well-being, positive mental health, and self-reported health. There is the positive correlation between routine use and all the three health related outcomes and negatively correlated with emotional connection to social media with all the three outcomes. In 2017, Nawafleh et al. [7] finds that Facebook has no significant impact on users academic or career performance. Xiaomeng Hu, Andrew Kim, Nicholas Siwek and David Wilder show effects of Facebooking on Satisfaction with online–offline social relationships and psychological well-being. They have used structural equation modeling, they looked studied the association between Facebook usage, satisfaction with online–offline social relationships, perceived social support, social interaction anxiety, and psychological well-being. According to the researchers, users' psychological well-being was favorably associated with online social relationship satisfaction and adversely associated with offline social relationship satisfaction when they spent a lot of time on Facebook [8]. According to Abdul NafiHimat, the learners are having more interest to maintain the connection with people, they feel fine when they share their' ideas on Facebook and it had positive effects on students' social life [9].

3 Proposed System

3.1 Data Collection

For data collection here we have implemented the offline as well as online survey method. For this activity, we use a cross-sectional design. For assessing the influence of Facebook use on students, we created original questionnaires with 31 items and multiple choice alternatives. For their responses, survey questionnaires were produced and delivered to undergraduate and postgraduate students. There were 484 total participants, including undergraduate, graduate, and university students.

These questionnaires can be used to assess the impact of Facebook on several elements of a student's development. The questions were written in English because that is the language that is most commonly utilized in our educational system. Students were given hardcopies of the surveys, which were collected once they had completed them and marked their responses. Some students did not respond to some of the questions. As a result of their blank responses, we have ignored such students.

3.2 Analysis of data

For analysis of survey data we are applying the statistical tests on the data. Statistics is the science of learning from the data. It helps us to employ the correct analysis and effectively present the results. We used the SPSS software platform for statistical analysis. The Statistical Package for the Social Sciences (SPSS) is a program that allows you to analyze data in the social sciences. This software provides statistical analysis for survey research, allowing the researcher to gain valuable insights from the responses collected using questionnaires. We can more precisely characterize our results with the help of this software application. We calculated frequencies and percentages in this. We're trying to figure out how Facebook affects students' social lives in this study. We employ all three types of scales for queries such as nominal, ordinal, and scale, which allow us to dig deeper into the data. In this study, we are focusing on the questions that provide us with information about how much time users spend on Facebook and what types of activities keep them interested. The information gathered from these questionnaires allows us to determine whether or not a student's behaviour is addictive to Facebook. The questions that we considered in this study are listed in Table 1.

Table 1. Selected Questions for this study

Sr. No.	Questions	Factor
1	How long are you using Facebook?	Excess Use
2	Do you get irritate if you are not allow to access Facebook for one day?	
3	How much time you spend in a day on Facebook?	
4	What is the frequency you post status updates on Facebook?	
5	Do you check Facebook as the first thing after getting up in the morning?	
6	Last thing before going to bed do you check the Facebook?	
7	Did you join any subject related group?	Social Life
8	Have you created any general group?	
9	Have you been invited for any event through Facebook?	
10	Did you invite others for any event to anyone through Facebook?	
11	What is the average age group of your friends?	
12	Are you socially active with your friends, family, and relatives?	
13	With whom you are more active?	
14	How many Facebook friends do you have?	
15	From your friends list how many friends do you know personally?	

4   Results

4.1   Result for Excess Use

In the obtained results given in Table 2 It is clear to see that for Qh.1 we get 34.3% of students using the Facebook from last 1 to 5 years it indicates that this application has been used for a long time. The second question gives us the information about the Anxiety of the students. Here 75.8% students are not get irritate if they are restricted to use the Facebook application. It indicates that Facebook addiction is not present in the students. Our third question reflects the fact that the use of Facebook is moderate in the students as Only 2 hours a day are spent on Facebook by 77.7% of students.. As per the findings, 47.7% are posting the status rarely whereas only 4.5% students posting the status regularly. This also gives us the moderate use of Facebook. The Questions 5 and 6 are for knowing about the engagement of students with Facebook. Here we found 54.5% and 47.5% students are not checking their Facebook as the first thing they do when they wake up and the last thing before them going to bed. This indicates that there is no Facebook Addiction in the students.

Table 2. Frequency and percent for questions about Excess Use

Question No.	Values	Frequency	Percent
Qh.1.	Less than 1 year	187	38.6
	1 to 5 years	186	34.3
	5 to 10 years	71	14.7
	more than 10 years	23	4.8
Qh.2.	Yes	80	16.5
	No	367	75.8
Qh.3.	2 hours	376	77.7
	4 hours	14	2.9

	4-6hours	3	.6
	More than 6 hours	8	1.7
Qh.4.	Rarely	231	47.7
	irregularly	89	18.4
	weekly	63	13.0
	daily	22	4.5
	More frequently	34	7.0
Qh.5.	Occasionally	43	8.9
	Sometimes	119	24.6
	Regularly	18	3.7
	Never	264	54.5
Qh.6.	Occasionally	44	9.1
	Sometimes	136	28.1
	Regularly	34	7.0
	Never	230	47.5

4.2 Result for Social Life

Table 3 depicts the influence of Facebook use on students' social lives. The outcomes from question numbers 7, 8, 9, and 10 indicate the negligence of students in the different group activities of the Facebook. According to question 11 it shows that 69.0% student's friends are belong from the age group 18 years to 22 years i.e. young generation is more likely involve in the Facebook. Qh.12 shows that 68.8% students are socially active on social networks with family and friends and Qh.13 indicates that 67.4 % students are more interested in maintaining the social relations with friends on the Facebook. 28.9% students have more than 500 friends on the Facebook from which 37.2 % students actually know about only 0-50 friends.

Table 3. Frequency and percent for question about Social Life

Question No.	Values	Frequency	Percent
Qh.7.	Yes	238	49.2
	No	206	42.6
Qh.8.	Yes	161	33.3
	No	286	59.1
Qh.9.	Yes	173	35.7
	No	271	56.0
Qh.10.	Yes	149	30.8
	No	250	59.9
Qh.11.	Less than 18 years	40	8.3
	18 to 22 years	334	69.0
	22 to 40 years	64	13.2
	More than 40 years	3	.6
Qh.12.	Yes	333	68.8
	No	109	22.5
Qh.13.	Friends	326	67.4
	Family	86	17.8
	Relatives	23	4.8
Qh.14.	0-50	130	26.9
	50-250	103	21.3

	250-500	66	13.6
	More than 500	140	28.9
Qh.15.	0-50	180	37.2
	50-150	111	22.9
	150-250	64	13.2
	250-500	86	91.1

4.3 Correlation Analysis

Correlation is a statistical measure which expresses the relationship between variables. It shows that how two variables are linearly related. A correlation coefficient has a value of between -1 and 1. The "0" value means there is no relationship between the variables. This study used method of Bivariate Pearson correlation to discover the association between the variables Excess use and Social life. Results from Table 4 indicates negative correlation between Excess use and Social Life i.e. *r (484) = -0.213*. So increase in use of social media is negatively associated with Social life of the student.

Table 4. Pearson Correlation among Excess use and Social Life

		Excess Use	**Social Life**
ExcessUse	Pearson Correlation	1	-0.213
	Sig. (2-tailed)		0.078
	N	77	69
Social Life	Pearson Correlation	-0.213	1
	Sig. (2-tailed)	0.78	
	N	69	80

5   Conclusion and Future Scope

This study explores the impact of Facebook on the undergraduate and postgraduate students. Facebook is good for sharing the information and to converse with relatives and friends. After analyzing the 484 students, it is found that the use of SNS Facebook is popular among the students but it is not addictive. The study does not found the Facebook addiction in the students. Results show that Excess use of Facebook negatively related with the Social life. As the more time they are using on Facebook they are unknowingly destroy their social life. They like to remain present in the virtual world and maintain the online social life, but spoiling the actual relations.

Further research will broaden the scope of the research for different categories of the students, in the current studies we have consider limited institutions. Also we will consider high school students, as they may be more sensitive to the usage of social media. For further research we will improve the sample size as it will enhance the results. Further search will consider other Social Networking applications for the study.

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