

Study on Relation Between Social Media Usage and Mental Health among B.Ed Students

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ABSTRACT

Social media is now a days an integral part of human life which have the advantages not only sharing news and information but also for education and edutainment. Social media have both positive and negative impacts. The study explores the relation between usage of social media and mental health among B.Ed students. The design of study is survey method. The population of the study is B.Ed students from Malappuram district, Kerala. The sample selected for the study is a total number of 115 B.Ed students which have been selected from arts and science subjects through a stratified random sampling. The tool used for assessing mental health of B.Ed students is Mental Health Questionnaire developed by the researcher. The tool is a five point scale having 20 questions from dimensions of Stress, Depression, Anxiety and Worries. Usage of social media assessed by a questionnaire developed by the researcher that is four point scale having 25 items from four dimensions *i.e.* purpose of usage of social media, pattern of usage, frequency of usage and time spend on social media. The statistical techniques used for analysing the data are mean, standard deviation, t-test and correlation. The study found there is a negative correlation between usage of social media and mental health among B.Ed students. The study also found that there is a significant difference in usage of social media based on the locale and no difference is found based on stream of subject. The study found no difference in mental health based on locale and stream of subjects among B.Ed students. The study recommends some needed policy frameworks for enhancing the mental health of B.Ed students by giving proper awareness regarding access and usage of social media.

Key Words : Social media, Mental health, B.Ed. students, Teacher education

INTRODUCTION

Social media unequivocally occupy a pivotal role in the communication scenario of modern world. The immersion of 'digital natives' in to social media makes the life more sophisticated and advanced. Social media are interactive internet based technologies that helps in creation and sharing of one's feelings, thoughts, ideas and information on virtual platforms. Social media is an advanced invention of web 2.0 technology. It can facilitate a powerful platform for sharing user-generated content, like text write up posts, comments, photos and videos in digital format, and online interactions and collaboration (Jonathan and Steve, 2015). The wide networks formed through social media highly empowers

the way groups of people interact and communicate across the world. It is estimated that there will be around 2.77 billion social network users around the globe, in 2019 which is an increase up from 2.46 billion in 2017. The advantage of social media makes the sharing of knowledge and information effectively across the globe. The social media have negative impact on human as well. The main negative impacts are the addiction to social media which causes many unhealthy behaviours and its addiction leads decaying the intellectual abilities. Judicious use of social media can boost the educational development of students especially it is very helpful to bring quality education trough interaction and collaboration.

Mental health:

Mental health is generally an individual's state of mind in which he/she shows how well adjusted to various conditions of life. Mental health broadly consists of emotional, psychological, and social well-being. It is mainly responsible how one thinks, feels, and acts purposefully. It is unequivocally pertinent to determine how an individual handles stress and relates to others by making proper choices. The World Health Organization (WHO) defines mental health as 'a state of wellbeing in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community'. The dynamics of 'self' such as self-efficacy, self-concept, self-esteem, autonomy, independence, recognition etc. are pivotal constituents of mental health. The critical issues regarding mental health of young generation are mainly stress, anxiety, depression, adjustment problems, depression, and suicidal thoughts etc. which greatly affects the intellectual and emotional balances. Mental health is an important psychological component of success and satisfaction in the life.

Review of related studies:

Davis and Pimpleton-Gray (2017) found that usage of Facebook has effect on anxiety, depression and happiness. It is also found that 20.6 % of the participants said they felt more anxious towards of friends' anxious or stressful responses, and 21.7 % felt more depressed when they get such comments while 57.4 % stated they feel happy when friends post happy or joyful comments. The study also examined the effect of usage of Facebook on self injury and suicidal thoughts. Seabrook *et al.* (2016) found the factors such as social support, positive interactions, and social connectedness on social networking media are related to lower levels of depression and anxiety. It is also found that negative interaction and social comparisons on social networking media are related to higher levels of depression and anxiety (Kaur and Bashir, 2015) studied positive and negative impact of social media on mental health of adolescents. The study found that positive effects are such as, advanced communication, adjusting with social conditions, advanced educational opportunities and availability of health information. The negative impacts are such as online harassment, depression, cyber-bullying, sexting, loneliness, stress, suppression of emotional and decline of intellectual ability.

Strickland (2014) indicates young adults are the more active in using of social networking sites and they are mostly at risk of evolving mental health issue in relation to various dimensions. Park *et al.* (2014) found that social networking applications like Facebook positively correlated with acculturative stress among college students. Pantic (2014) found the critical mental health issues such as anxiety, depression and psychotic disorders are likely results of social networking sites, especially social networking media like Facebook. Rosen *et al.* (2013) found that symptoms of major depression has been reported among the individuals who spent most of their time for performing image management and other online activities on social media. Lou *et al.* (2012) indicates that individual with higher level of Facebook found enhanced loneliness. Kalpidou *et al.* (2011) found that intensive level of social media usage leads to the psychosocial problems like adjustment, self -image and self-esteem.

Rationale for the study:

Social media brought a paradigm shift in the history of communication system since every can simply share and transfer user generated content. Social media as property of web 2.0 technology enables interaction and collaboration which is highly advantageous to educational scenario as well. B.Ed students are prospective teachers needs sufficient awareness on social media utilisation. The mental health of teachers is paramount not only for their academic performance but also as it occupies a role model to students. It is universally recognised maxim that only those teachers who are mentally sound can lead their students to a state of mental wellbeing. It necessitates the study on mental health of B.Ed students in relation to access and usage of social media.

Objectives of the study:

1. To find out the significant difference in usage of social media among urban and rural B.Ed students.
2. To find out the significant difference in usage of social media among arts and science B.Ed students.
3. To find out the significant difference in mental health among urban and rural B.Ed students.
4. To find out the significant difference in mental health among arts and science B.Ed students.
5. To find out the significant relation between usage of social media and mental health among B.Ed students.

Hypothesis of the study:

1. There will not be significant difference in usage of social media among urban and rural B.Ed students.
2. There will not be significant difference in usage of social media among arts and science B.Ed students.
3. There will not be significant difference in mental health among urban and rural B.Ed students.
4. To There will not be significant difference in mental health among arts and science B.Ed students.
5. There will not be significant relation between usage of social media and mental health among B.Ed students.

METHODOLOGY

The design of study is survey method. The population of the study is B.Ed students from Malappuram district, Kerala. The sample selected for the study is a total number of 115 B.Ed students which have been selected from arts and science subjects through a stratified random sampling. The tool used for assessing mental health of B.Ed students is Mental Health Questionnaire developed by the researcher. The tool is a five point scale having 20 questions from dimensions of Stress, Depression, Anxiety and Worries. Usage of social media assessed by a questionnaire developed by the researcher that is four point scale having 25 items from four dimensions *i.e.* purpose of usage of social media, pattern of usage, frequency of usage and time spend on social media. The statistical techniques used for analysing the data are mean, standard deviation, t-test and correlation.

RESULTS AND DISCUSSION

Table 1 shows that the mean and standard deviation of social media usage among urban and rural B.Ed students is 72.24, 7.58 and 68.67, 8.43, respectively. The calculated t-value is 2.31 which is greater than the table value at 0.05 level. There is significant difference in social media usage among urban and rural B.Ed students as the urban B.Ed students have higher level of social media usage than B.Ed students from rural areas. Hence the null hypothesis which stated there is no significant difference in social media usage among urban and rural B.Ed students is rejected.

Table 2 shows that the mean and standard deviation of social media usage among arts and science B.Ed students is 68.34, 9.57 and 71.05, 8.66, respectively. The calculated t-value is 1.59 which is lesser than the table value at 0.05 level. There is no significant difference in social media usage among arts and science B.Ed students. Hence the null hypothesis which stated there is no significant difference in mental health among arts and science B.Ed students is accepted.

Table 3 shows that the mean and standard deviation of mental health among urban and rural B.Ed students is 64.08, 9.18 and 62.17, 8.65, respectively. The calculated t-value is 1.13 which is lesser than the table value at 0.05 level. There is no significant difference in mental health among urban and rural B.Ed students. Hence the null hypothesis which stated there is no significant difference in mental health among urban and rural B.Ed students is accepted.

Table 1 : Comparison of usage of social media among urban and rural B.Ed students

| Group | N | Mean | Standard Deviation | T-value | table value | Level of significance |
|--------------------------------|----|-------|--------------------|---------|-------------|---------------------------|
| B.Ed students from Urban areas | 46 | 72.24 | 7.58 | 2.31 | 1.96 | Significant at 0.05 level |
| B.Ed students from Rural areas | 69 | 68.67 | 8.43 | | | |

Table 2 : Comparison of usage of social media among arts and science B.Ed students

| Group | N | Mean | Standard Deviation | T-value | table value | Level of significance |
|-------------------------------------|----|-------|--------------------|---------|-------------|-----------------------|
| B.Ed students from Arts subjects | 52 | 68.34 | 9.57 | 1.59 | 1.96 | Not significant |
| B.Ed students from science subjects | 63 | 71.05 | 8.66 | | | |

Table 3 : Comparison of mental health among urban and rural B.Ed students

| Group | N | Mean | Standard Deviation | T-value | table value | Level of significance |
|--------------------------------|----|-------|--------------------|---------|-------------|-----------------------|
| B.Ed students from Urban areas | 46 | 64.08 | 9.18 | 1.13 | 1.96 | Not significant |
| B.Ed students from Rural areas | 69 | 62.17 | 8.65 | | | |

Table 4 : Comparison of mental health among arts and science B.Ed students

| Group | N | Mean | Standard Deviation | T-value | table value | Level of significance |
|-------------------------------------|----|-------|--------------------|---------|-------------|-----------------------|
| B.Ed students from arts subjects | 52 | 66.78 | 7.56 | 1.63 | 1.96 | Not significant |
| B.Ed students from science subjects | 63 | 64.13 | 9.43 | | | |

Table 5 : Correlation between usage of social media and mental health among B.Ed students

| Group | N | r value | level of significance |
|-------------------------------------|-----|---------|-----------------------|
| B.Ed students (total sample) | 115 | -0.29 | 0.01 |
| B.Ed students from urban area | 46 | -0.31 | 0.05 |
| B.Ed students from rural area | 69 | -0.28 | 0.05 |
| B.Ed students from arts subjects | 52 | -0.27 | Not significant |
| B.Ed students from science subjects | 63 | -0.28 | 0.05 |

Table 4 shows that the mean and standard deviation of mental health among arts and science B.Ed students is 66.78, 7.56 and 64.13, 9.43, respectively. The calculated t-value is 1.63 which is lesser than the table value at 0.05 level. There is no significant difference in mental health among arts and science B.Ed students. Hence the null hypothesis which stated there is no significant difference in mental health among arts and science B.Ed students is accepted

Table 5 shows that the correlation between usage of social media and mental health among B.Ed students is -0.29 as for total sample. The table shows the group wise correlation between usage of social media and mental health among B.Ed students as well. Though the correlation is not so strong it is negative that shows that there is significant negative relation between social media usage and mental health among B.Ed students. Hence the null hypothesis which stated that there is no significant relation between social media usage and mental health among B.Ed students is rejected.

The study found that there is a significant negative correlation between usage of social media and mental health among B.Ed students. Facebook, whatsapp, Youtube, and Instagram are major social media used by college students who were selected for the study. The mental health of students greatly depended upon the frequency and time spent on using social media. The finding that the high level usage of social networking sites negatively correlates with mental health among students is consistent with the studies of Davi and Pimpleton-Gray (2017), Strickland (2014), Park *et al.* (2014) Rosen *et al.* (2013). The finding that the students from urban areas have higher level of usage of social media is consistent with Karmakar and Karmakar (2017). The finding that

there is no significant difference in mental health based on locale is consistent with Kaur *et al.* (2015). The finding that there is no significant difference in mental health based on stream of subject is consistent with Sharma (2015), Kumar *et al.* (2013).

Conclusion:

Social media is the powerful digital tool that can highly boost the educational performance of students. Social media have positive and negative impact on human. The positive effects of social media are effective communication, useful social campaigns, educational purposes and availability information services etc. The negative impacts are unhealthy addiction may lead to depression, inferiority complexes, stress, anxiety, online harassment, cyber-bullying, sexting, loneliness, unfair comparison and decline of intellectual ability etc. The mental health of B.Ed students are highly important since they are prospective teachers and responsible for moulding healthy citizen of country. It is pertinent that B.Ed students as prospective teachers in the educational scenario, sufficient health awareness should be given properly especially in relation to mental health. It is not desirable to bank upon social media for every time which may be resulted in stress and anxiety. The educational institutions, teachers, educational policy framers are expected to instigate proper guidance and counselling to give effective awareness regarding the access and usage of social media that can enhance the mental health of students.

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