

Impact of social media on well-being of high school students

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ABSTRACT

Social media is the wonderful invention of 21st century. It has achieved increasingly popularity amongst school going teenage students as it provides information related to various topics on finger tips as well as sharing of ideas, pictures, medium for personal relationship etc. social media has created impact on general well-being of school going teenage students as slowly gradually school going teenage students were becoming accustomed to use social media. Social media has become necessity of today's school going teenage students. So, the Present study is aimed at finding impact of social media on general well-being of high school students in relation to their gender and geographical area. Randomly 120 high school students of rural and urban area (60 were from urban area and 60 were from rural area) were selected from different schools of Ahmedabad city. Standardized General well-being scale of Dr.Ashok K. Kalia and Anita Deswal was used. It was observed that urban area high school students well-being is influenced by social media compared to rural area high school students. Further findings indicate that the social media influence on general well-being of high school students.

Keywords: *Social media and well-being*

Social media is one of the most important invention of the 21st century.

S *Definitions of social media*

“Social media are computer-mediated technologies that facilitate the creation and sharing of information, ideas, career interests, pictures and other forms of expression via virtual communities and social networking services.”

“Social networking systems are defined as web-based services that utilize social software, allowing users to create profiles, interact, share and communicate information.”

Social media apps and sites

Social media includes social networking sites and Apps, some of the popular current Sites and Apps are as follow:

Facebook: Facebook is an American online social media, which was founded by Mark Zuckerberg along with his fellow Harvard college students and roommates in February 2004.

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It allows registered users to create profiles, upload photos and videos, send messages and keep in touch with friend, family and colleagues.

Facebook is the popular social networking website which was originally designed for college students but now it's open to anyone 13 years of age or older.

YouTube: YouTube is an American video sharing online platform founded by Steve Chen, Chad Hurley and Javed Karim in February 2005. Youtube is used to make personalized videos, music, upload original content and share it all with family, friends and the world.

Twitter: Twitter is created in San Francisco, California, United States of America by Jack Dorsey, Noah Glass, Biz Stone and Evan Williams in July 2006. Twitter is online microblogging and social networking service for distributing short messages known as "Tweets" among groups of recipients via personal computer or smart phone.

"Tweets" were originally restricted to 140 characters, but on 7th November, 2017, this limit was doubled to 280 characters for all languages except Chinese, Japanese and Korean.

WhatsApp: WhatsApp is created in California by Brian Acton and Jan Koum former employees of yahoo on 24th February, 2009. Jan Koum named the App WhatsApp to sound like "What's up". WhatsApp is the most popular chatapp for smartphones with no advertisement, games.

Instagram: Instagram is developed in San Francisco by Kevin Systrom and Mike Krienger. Instagram was acquired by Facebook in the year 2012. Instagram is a free online social network platform and a mobile webapp used for photo-sharing & short videos sharing. Etc.

The increased use of social networking sites and apps has become an international phenomenon in the past several years. What started out as a hobby for social media lovers has now become a social norm and way of life for people all over the world. (Boyd, 2007)

Teenagers and young youth have especially embraced these sites and apps as a way to connect with their peers, share information, reinvent their personalities and showcase their social lives. (Boyd, 2007)

With the popularity of social networking sites and apps our social interaction is affected in multiple ways as we adapt to increasingly technological world. As we started to socialize through these technologies, which has taken us away from person socialization that has been around forever. Communicating through sites and apps is quite different from communicating in person to person situation.

Well-being

An individual possess physical, social and emotional well-being in general. If person is having sound well-being is considered as balanced person. Well-being is the concept of positive psychology. Optimistic and positive person always possess sound well-being.

Definition of well-being:

"A **good** or satisfactory condition of existence; a state characterized by health, happiness, and prosperity; welfare: refers to the well-being of the people."

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Types of well-being

Physical well-being: A state of physical well-being is not just the absence of disease. It includes lifestyle behavior choices to ensure health, avoid preventable diseases and conditions, and to live in a balanced state of body, mind, and spirit.

Economic well-being: *Economic well-being* is defined as having present and future financial security. *Present financial security* includes the ability of individuals, families, and communities to consistently meet their basic needs (including food, housing, utilities, health care, transportation, education, child care, clothing, and paid taxes), and have control over their day-to-day finances. It also includes the ability to make economic choices and feel a sense of security, satisfaction, and personal fulfillment with one's personal finances and employment pursuits. *Future financial security* includes the ability to absorb financial shocks, meet financial goals, build financial assets, and maintain adequate income throughout the life-span.

Social well-being: **Social wellbeing** is the extent to which you feel a sense of belonging and **social** inclusion; a connected person is a supported person in society. Lifestyles, ways of living together, value systems, traditions and beliefs are all important to our **social well being** and quality of life.

Emotional well-being: Emotional well-being is characterized by a stable mood, ability to experience, manage and express emotions, acceptance of self and others, a positive outlook and freedom from worry.

Psychological well-being: Psychological well-being consists of positive relationships with others, personal mastery, autonomy, a feeling of purpose and meaning in life and personal growth and development.

School well-being: School well-being is connected with teaching and education and with learning and achievements.

The present research study is made with the view to study impact of social media on general well-being of high school students in relation to their residential area and gender.

Variables

In the present study, well-being have been taken as the dependent variable, Whereas demographic variables such as residential area of school and gender have been taken as independent variables.

Independent variables:

1. Type of residential area (Urban and Rural)
2. Type of gender (High school Boys and Girls)

Dependent variable

1. Well-being of the high school students

Objectives

The main objectives of the study were as under:

1. To assess the well-being of high school students in relation to urban and rural area.
2. To assess the well-being of high school students in relation to their gender as boys and girls.

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3. To assess the well-being of high school students in relation to rural boys and rural girls.
4. To assess the well-being of high school students in relation to urban boys and urban girls.

Hypotheses

According to the objectives null hypotheses were as under:

Ho1 “There is no significant difference between urban and rural high school students in respect of their well-being.

Ho2 “There is no significant difference between boys and girls in respect of their well-being.

Ho3 “There is no significant difference between rural boys and rural girls of high school in respect of their well-being.

Ho4 “There is no significant difference between urban boys and urban girls of high school in respect of their well-being.

METHODOLOGY

Participants

For present study 120 high school students of rural and urban area (60 were from rural area and 60 were from urban) were random purposely selected from different schools of Ahmedabad city of Gujarat state.

Instrument

The standardized General well-being scale made by Dr. Ashok K. Kalia and Ms. Anita Deswal (1971) was used to measure general well-being of high school students. It consists of 55 statements rated on a five-point scale ranging from ‘Strongly Disagree’, ‘Disagree’, ‘Undecided’, ‘Agree’, ‘Strongly Agree’.

Procedure

After finalizing the instrument and receiving the consent of the Principal, the students of rural and urban area school were requested to fill the GWBS without omitting any item. All the completed tests were used for data analysis using statistical measures such as t-test.

Research Design

The aim of present research was to study impact of social media on general well-being of rural and urban students. For these 120 high school students of rural and urban area were random purposely selected from different schools of Ahmedabad city of Gujarat state. For sample selection random sampling method was used.

In the study total 120 high school students were taken out of 60(30 Boys and 30 Girls of rural area) and another out of 60 (30 Boys and 30Girls of urban area) were taken as a sample. To check the differences between groups t-test was used. Result and discussion of present study is as under:

RESULT AND DISCUSSION

The present study attempted to assess the general well-being of 120 students were taken out of 60(30 Boys and 30 Girls of rural area) and another out of 60 (30 Boys and 30 Girls of urban area). The t-test was applied for the purpose of statistical interpretation to test the significance between means. Result and discussion for the present study are as follows:

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Table:1 Mean, SD and t value of well-being of urban area high school students(n=60) and rural area high school students(n=60).

Group Statistics	Column1	Column2	Column3	Column 4	Column5	Column6
	Residence	N	Mean	Std. Deviation	t	
wellbeing	Urban	60	207	26.942	2.83	df=118
	Rural	60	193	27.221		NS

From the result given in Table-1, it appeared that magnitude of well-being of urban area high school students and rural area high school students as the mean scores were 207 and 193. The difference in terms of well-being of urban and rural groups of students was also statistically tested by computing 't' ration which was also found not significant (t=2.83). Hence it can be safely said that urban and rural area high school students was not differ in general well-being. Thus, hypothesis presuming no significant difference between urban and rural high school students in respect of their well-being is accepted.

Table:2 Mean, SD and t value of well-being of high school boys (n=60) and high school girls (n=60).

Column1	Column2	Column3	Column4	Column5	Column6	Column7
Group Statistics						
	Gender	N	Mean	Std. Deviation	t	
wellbeing	Boys	60	196.8667	28.834	1.23	df=118
	Girls	60	203.1333	26.742		NS

From the results given in Table-2, it appeared that magnitude of well-being of high school boys and girls as the mean scores were 196.87 and 203.13. The difference in terms of well-being of high school boys and high school girls was also statistically tested by computing 't' ratio which was also found not significant (t=1.23). Hence it can be safely said that high school boys and girls was not differ in general well-being. Thus, hypothesis presuming no significant difference between high school boys and high school girls in respect of their well-being is accepted.

Table: 3 Mean, SD and t value of well-being of urban high school boys (n=30) and urban high school girls (n=30).

Group Statistics	Column1	Column2	Column3	Column4	Column5	Column6
	RnG	N	Mean	Std. Deviation	t	
wellbeing	Urban Boys	30	192.6	25.700	4.87	df=58
	Urban Girls	30	221.4	19.6795		S 0.01

From the results given in Table-3, it appeared that magnitude of well-being of urban high school boys and urban high school girls as the mean scores were 192.6 and 221.4. The difference in terms of well-being of urban high school boys and urban high school girls was also statistically tested by computing 't' ratio which was also significant (t=4.87). Thus, it can be said that, lifestyle, computerized teaching methods might be contributing towards impact of social media on well-being of urban high school students.

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Table:4 Mean, SD and t value of well-being of rural high school boys (n=30) and rural high school girls (n=30).

Group Statistics	Column1	Column2	Column3	Column4	Column5	Column6
	RnG	N	Mean	Std. Deviation	t	
wellbeing	Rural Boys	30	201.1333	31.517	2.41	df=58
	Rural Girls	30	184.8667	19.425		S 0.01

From the results given in Table-4, it appeared that magnitude of well-being of rural high school boys and rural high school girls as the mean scores were 201.13 and 184.87. The difference in terms of well-being of rural high school boys and rural high school girls was also statistically tested by computing 't' ratio which was also significant ($t=2.41$). Thus, it can be said that, lifestyle, technological advancement might be contributing towards impact of social media on well-being of rural high school students.

CONCLUSIONS

On the basis of the result following conclusions are drawn:

1. There exist significant difference between general well-being of urban boys and girls of high school, due to the impact of social media.
2. There exist significant difference between general well-being of rural boys and rural girls of high school, due to the impact of social media.

Educational implication

Technological invention i.e. social media had brought so many revolutions all over the world including the personal relationships, education system, business sector etc. These revolutions had posed numerous challenges for the high school students to cope up with changing, upgraded ways of learning, showcase of talent from any place of world through social media by getting maximum followers to become internet sensation and to yield popularity among friends, relatives. Which affect high school students physical well-being, social well-being as well as school well-being as social media is a virtual world not the real world. Thus, proper steps should be taken by parents, teachers, educational counselors for understanding the need of especially high school students and providing different teaching methods such as group discussion, role-play to understand the topic better at school as well as providing extra-curricular activities to showcase talent, arranging picnics, group celebration to maintain social relationships.

Recommendation

There is a need to take up appropriate measures to reduce the impact of social media on high school students. Most of the students are becoming addicted to social media. Which affect the constructive relationship and promoting the creative relationship, reading and writing in the class-room is affected as soft copy of material is provided to the students, curiosity for extra-curricular activities is reduced, language is affected due to free expression of language on social-media platform to the extent that now it has taken a form of troll and commenting on any strange person leads to harmful outcome such as cybercrime. To control the above-mentioned issues proper steps should be taken by parents, teachers, educational counselors for providing different teaching methods such as group discussion, role-play to understand the topic better at school as well as providing extra-curricular activities to showcase talent, arranging picnics, group celebration to maintain social relationships.

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Conflict of Interest

The author declared no conflict of interest.

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