

Utilization of Social Media and its Effects on Students' Psychosocial Behavior and Academic Performance

Danjo F. Guevarra, LPT, MAED

City of Malolos Integrated School-Sto. Rosario, City of Malolos, Bulacan, Philippines
danjo.guevarra@deped.gov.ph

Abstract: *The focus of the study was to determine whether social media utilization has a significant influence to the academic performance and psychosocial behavior of Junior High school students. The study sought answer to assess four specific issues (1) The utilization of social media of Junior High School students (2) Psychosocial Profile of Junior High school Students (3) The Academic profile of Junior High School students (4) the significant influence of social media utilization to the academic performance and psychosocial behavior of the students. Respondents of the study were grade 9 students that are utilizing social media on a daily basis. This study is a quantitative research in nature and utilized a descriptive – correlational design. Measures of Central tendency was used to describe the utilization of social media of students as well as their psychosocial behavior. Regression analysis was also utilized to determine the level of significance between the three variables namely social media and academic performance and psychosocial behavior of the students. The data revealed that junior high school students sometimes utilize social media for academic purposes. The computed academic performance of the student is satisfactory and the psychosocial behavior of the students is considerable. The null hypothesis stating that social media has no significant influence to the academic performance and psychosocial behavior of the students had been rejected.*

Keywords—Social Media, Students' Academic Performance, Descriptive-correlational Study

1. INTRODUCTION

Social Media has become a way of life of every Filipino because it helps us in many ways such as communicating and interacting with peers and getting recommendations and answers for a problem. According to We are Social as cited in an article: "There is an increase of internet users in the country from 8.7 Million Filipinos in 2017 it became 1 Billion Filipino internet users in 2018, with this the Philippines is being hailed as Rank 1 in terms of internet usage in the world for 3 consecutive years [1].

Numerous numbers of social networking site have emerged lately but Facebook is the most popular site, however their study found out that the said site is seldom use for academic purposes [2]. Reasonable attention has been given to the negative side of social networking sites such as cyberbullying, A study revealed that 85% use social media for socialization, 56 % use them for relationship building; however fewer than 10% of the students mentioned social media tools for academic purposes. parent child interaction, influence of social media used on sleep disturbances and academic performance and social media addiction and its effect to psychosocial behavior [3].

A study also stated that there more than 1.71 Billion users around the world and 1.1 Billion log ins every day, furthermore she stated in her paper that Facebook users have a grade lower than the students who spends fewer hours in social media [4]. This was supported by another study which stated that young people are slowly ignoring and losing their responsibilities in real life because of not being aware of the increased time they spend in social media [5].

On the other hand, social media is one of the best avenues to strengthen students' engagement and communication skills because social media makes students

feel more comfortable to express their thoughts and insights about something. She also argues that social media can strengthen the communication between the students and the teacher, while the latter can check home works online and can be able to exchange ideas outside the school. In a country hailed as the world's social media capital, how may the use of social media sites can affect the academic performance and psychosocial behavior of students?

In the above mentioned point this paper attempted to bridge the gap by exploring the different use of social media in learning and it aimed to give empirical evidences of the pros and cons of using social media. It also explored the relationship between the different variables of Social media and its effect in the academic performance and psychosocial behavior of the students.

2. RELATED WORKS

Utilization of Social Media and Psychosocial Behavior

Psychosocial is a combination of psychological and social behavior. This may influence and define their connection, their capability to work together and their attitude towards together.

Numbers of literatures were written about the connections of two variables. According to a study, social media may lead our adolescents to anxiety and depression when one is utilizing it excessively [6]. It was revealed it the study of author that Facebook and depression positively correlated to each other. It was also found out that often social media usage may also lead to psychosocial problem like adjustment and self esteem

A study was conducted about how social media can influence the depression and loneliness of the teenagers. The experimental study was conducted to 143 participants. Some of the participants were assigned to the control group, which

social media users will do their same routines and social media behavior, on the other hand, some were assigned in the experimental group wherein they are asked to have a limited time in Facebook, Snapchat and Instagram [7].

The time allotted to them to log in to their social media accounts is only 10 minutes. The author found out that if one will likely to reduce using social media they will feel lonely. Social media, media according to hunt is an avenue to compare lives and when you look at other people's life you can easily conclude that their lives might be better than yours. Hunt clarify that her study is only delimited in Facebook and Instagram only. Her study is not yet clear whether it may apply to other social media networking sites and if the results may replicate to the other age group or other setting.

A researcher explained that when a person is utilizing any social media application there will always be a tendency that they will be posting their status about their opinions or their current activities that they are doing and the places and the people they are with [8]. Furthermore, their paper also reiterate that a person may spend more time in social media comparing their success to other people's successes, with this one may feel sad or moody. Hence, social media can be an avenue to depression through exposing a person to different, contradictory ideas thus, contributes to person's feeling of sadness and loneliness

Utilization of Social Media and Academic Performance

One could say that social networking site have become a habit for some of the students and apparently students are having a hard time to study even for one hour without logging in to their favorite social networking sites. Yes, they become smart to the different information that they can get from these sites and can easily download materials for their assignments but some students become poor academically [9]. Students nowadays rely much on the social media such as Facebook and Twitter because they think students overuse social media and multi task while doing their school work.

In the study conducted in University of Nigeria she found out that the undergraduate of Taraba State University spent more time on social media than reading their books. Students in that university relied too much on social media to do their assignments and research work without consulting other sources. She also concluded that social media has a negative effect on the student's academic performance. She stated that students' who spent more time on social media are likely to perform poorly in their academic activities that those who do not [10].

Relaxation, entertainment, passing time and escape are the very reason why students often use Facebook but surprisingly, socialization and social information are not the determinants of using Facebook amongst Malaysian students. As for socialization the result of their study is negative, meaning a lot of Malaysian students use another channel in socializing instead of Facebook. They also found out that social information is not a significant factor to use Facebook among students which means Malaysian students do not rely much on the information that was being posted on Facebook

and they are using another channel to seek information instead of Facebook. They also found out that Facebook can actually affects students' academic performance but the effect is positive. This would tell that Facebook may not be the factor that negatively affect the students' academic performance.

A study also proved that social media has becoming a big part to students' life because it can take away their spare time and the time that is supposed to spend in their academics is being used to explore the different networking sites, and this can give a negative impact to their academic performance [11]. This was supported by a study that as the higher the reported time spent on Facebook the higher the levels of the students neglecting their duties and admitting the lower academic performance, also the same influence, isolation perception and Facebook connection. It was concluded that Facebook negatively influenced students' performance and their activities in the real world [12].

3. STATEMENT OF THE PROBLEM

The major problem of the study was, "How may the effects of social media on students' academic performance be determined?" Specifically, the study sought answers to the following questions:

1.How may the utilization of social media of the students be described in terms of:

- 1.1Facebook ;
- 1.2Messenger ;
- 1.3Youtube and
- 1.4Twitter?

2.How may the psychosocial behavior of the students be described in terms of:

- 2.1Entertainment;
- 2.2Health;
- 2.3Isolation; and
- 2.4Social Network Connection
- 2.5Consuming Time?

3.How do the academic performance of the students be described in terms of the general weighted average?

4.Does the extent of utilization of social media significantly influence the psychosocial profile of the students?

5.Does the extent of utilization of social media significantly influence the academic performance of the students?

4. METHODOLOGY

This study is a quantitative research in nature and utilized a descriptive – correlational design. Descriptive research can give us picture of feeling, behavior and current thoughts of individuals and it described the attributes of the population or phenomenon being studied [13].On the other hand, researcher correlated the three variables which are " The influence of Social media utilization and the academic performance of the students", and Social media utilization and psychosocial behavior of the students". Correlational research is also known as associational research wherein two or more

variables are being studied but refraining from influencing them. Furthermore, correlational research design focuses on assessing covariance among naturally occurring variables

The study was conducted at D.F.G High School which is located in the City of Malolos, Bulacan. The sample aggregate of this study consisted of 202 Grade 9 students. Universal random sampling was employed in selecting student sample respondents.

The researcher sought the permission to conduct the instrument of the study from the City Schools Division of Malolos. The letter asking the permission to conduct the study in the target school is forwarded to the principal. Upon the approval of the City Schools Division of Malolos and the consent of the Principal of D.F.G High school. The questionnaires were distributed; the schedule of the test administration was guided by the four grade leaders. The test was administered among Grade 9 students in D.F.G High school on the time allotted by the grade leaders. Questionnaires were answered in five minutes. The respondents of this study were informed about the nature of the study and the answer will be strictly confidential.

Measures of Central tendency were used to describe the utilization of social media of students as well as their psychosocial behavior. Regression analysis was also utilized to determine the level of significance between the two variables namely social media and academic performance and psychosocial behavior of the students.

5. RESULTS

Utilization of Social Media

Facebook. The students sometimes utilize Facebook as social media platform in their education (M=3.11), students use Facebook to educate them as they like, share and tag post from news and different educational groups that they follow (M=3.13).

Messenger. The learners often utilize Messenger to allow them to collaborate, discuss thing virtually (M=3.64) and allow themselves to share files, photos and music in real time (M=3.47).

Youtube. Students sometimes utilize Youtube in their learnings (M =3.38), they used it to create and share their own Educational and informative videos (M = 3.41).

Twitter. Learners sometimes utilize Twitter as a social media tool used in their education (M=2.99), they use it to share their thoughts about trending and important topic in the society (M=3.08).

Students' Psychosocial Behavior

Entertainment. Students had a great extent in their psychosocial behavior in terms of entertainment (M=3.64) and one of the main drivers of this result is that they excited and thrilles when using social media. (M=3.94).

Health. The psychosocial behavior of the students put into some extent in terms of their health (M=2.79) and one factor

of this is that they suffer from eye strain because of using the net (M=2.80).

Isolation. It has a very little extent in the psychosocial behavior of students in terms of isolation (M=2.32) and it showed because they refuse time on activities to stay on social media (M=2.76).

Social Network Connection. Learners' psychosocial behavior made some extent effect in their social network connection (M=3.33), this is being proven in some way they feel relieved because of their new relations on social media (M=3.35).

Consuming Time. Students psychosocial behavior had some extent effect in terms of consuming their time (M=3.30), it showed that they don't tell their family the exact hours they spent on social media (M=3.03).

Students' Academic Performance

Findings showed that 76 or 37.5 % of the respondents got very satisfactory on their general weighted average. While 73 or 36.1 % of the respondents had satisfactory grades. 28 or 14% of the respondents had an outstanding grade. 23 or 11.1 % had fairly satisfactory grades. And 2 or 1% had below or did not meet below expectations.

In general, it can be assumed that any member of the group has a grade a bit higher or a bit lower than 84 as shown by the computed mean value of 84.60.

Effects of Social Media on Students' Psychosocial Behavior

It was revealed by the results of regression analysis that all social media predictors have a significant effect to the psychosocial behavior of the students as evidence by beta coefficient of 0.196,0.152,0.156 respectively and have a p - value of 0.008,0.031 and 0.027. On the other hand, Twitter has an insignificant contribution to the psychosocial behavior of the students since the p-value of 0.856 is exceeding .05 alpha.

The computed F ratio is 6.574 has substantial impact since its computed value is .000 which is lower than 0.05. The findings may reveal that social media are significant to the psychosocial behavior of the Junior High school students of D.F.G High school.

This result may be a substantial factor to reject the null hypothesis of the study that social media has no significant effect to the psychosocial behavior of the students

Effects of Social Media on Students' Academic Performance

The regression results regarding the effects of utilization of multimedia on academic performance of the students are shown in table 13. The results shows that Facebook and YouTube did not contribute significant effect on students' academic performance as shown by the computed t-values that significant at the levels higher than the acceptable levels of .05 or 5%. Facebook obtained p-value of 0.161 and YouTube obtained p-value of 0.166.

On the other hand, messenger obtained p-value of 0.005 and twitter obtained p-value of 0.007, which makes it significant. This simply means that utilization of messenger and YouTube contribute significant effects on the students' academic performance.

6. DISCUSSION

One may assume that students Facebook activity is more of liking memes, sharing and watching trending videos and buying or selling products rather than using it in educational purposes as the computed mean value says that students "sometimes" utilization of Facebook can educate them as they like, share and tag post from the different educational groups that they follow. Moreover, the students "sometimes" utilization of Facebook can allow them to discuss to give and exchange opinions to the different issues in the society.

Messenger is one of the useful tools that students utilize in doing their task. It can also be concluded that messenger can build cooperation among students as students' "often" utilization of messenger allows users to collaborate and discuss thing virtually and it allows users to share files, photos and music in real time.

It can also be presupposed that students' time management is being sacrificed because students sometimes spend long hours daily on social media, they stay late at night when using the internet and social media and don't tell their y family the exact hours they spent on social media.

Hence, one of the reasons of students' social media utilization is for entertainment purposes as they often spend more time than they intended on the Social Media, they often feel excited and thrilled when using social media.

7. CONCLUSIONS

Among all the social media platforms, Messenger was often used by the Grade 9 students as a tool in doing educational things such as collaborative learning through virtual and sharing informative ideas to their colleagues. Social media platforms served as an avenue for the students in entertaining themselves by communicating others and a way to drop their boredom. The academic performance of the students was not affected even though learners are utilizing and integrate the social media tools in their education. The findings depicted several implications that may help learners and teachers realize that there is a need for an inclusive consciousness about responsible use of social media.

8. RECOMMENDATIONS

Policy planners and implementers should consider the integration of the information technology in the educational learning of the students and develop the information technology skills among teachers and learners. Additionally, teachers should give proper education to the students on how they can properly use different social media application. Teachers could also use social media as part of their teaching and learning process as the 21st century setting demands. Lastly, parents should monitor the time being consumed by

their children in social media. Parents have a very important role in the academic performance of their children. Moderation should always be observed in utilizing social media.

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