

## A Study to Assess the Knowledge Regarding Impact of Social Media Addiction among Teenage Students at Selected School in Jaipur with a View to Develop an Information Booklet

Komal Chouhan

M.Sc. Nursing (Mental Health Nursing), RUHS College of Nursing Sciences, Jaipur

**Corresponding Author:** Ms. Komal Chouhan, M.Sc. Nursing (Mental Health Nursing)

RUHS College of Nursing Sciences, Jaipur

**E-mail:** komalsaini1435@gmail.com

**How to cite this article:** : Chouhan K. A study to assess the knowledge regarding impact of social media addiction among teenage students at selected school in jaipur with a view to develop an information booklet. GFNPSS-IJMR 2023; 4:10: 2410-2414

**Submitted:** 17-October-2023: **Modification:** 20-October-2023: **Accepted:** 27-October-2023: **Published:** 04-November-2023

### ABSTRACT

**Introduction:** Social media addiction is a behavioral disorder in which teens or young adults become enthralled by social media and are unable to reduce or cease their consumption of online media despite clear negative consequences and severe drawbacks.

**Materials and Methods:** an evaluative research is an applied form of research that involves finding at the knowledge of teenage students who use social media by structured knowledge questionnaire. In this study descriptive non-experimental design was selected. The sample for the study consists of hundred samples of teenage students who use social media from government senior secondary school, shree ram ki nangal, jaipur. In this study sampling technique is non probability convenient sampling technique was used to select the sample.

**Results:** The results of major finding indicated that (50%) of teenage students had poor knowledge regarding knowledge of social media addiction. There is no significant association between knowledge level of teenage students and demographic variables such as academic class in a year ( $\chi^2 = 9.8438$ ), type of family ( $\chi^2 = 3.7342$ ), family income per month ( $\chi^2 = 6.8179$ ) is not significant at 0.05 level of significance. Hence the alternative hypothesis H1 is rejected and null hypothesis H01 is accepted. There is significant association between knowledge level of teenage students and demographic variables such as gender ( $\chi^2 = 9.8438$ ), father educational status ( $\chi^2 = 3.7342$ ), mother educational status ( $\chi^2 = 6.8179$ ), presently residing  $\chi^2 = (6.9262)$  is significant at 0.05 level of significance. Hence the null hypothesis H01 is rejected and alternative hypothesis H1 is accepted.

**Conclusions:** The study concluded that the majority of teenage students have low knowledge about the concept of impact of social media addiction. Chi-square test was used to find association between the knowledge and attitude score with selected demographic variables. Findings revealed that majority of teenage students had poor knowledge.

**Keywords:** Knowledge, Teenage, Social media addiction, Information booklet.

## Introduction

Social Media usage is a “global consumer phenomenon” with an exponential rise within the past few years. The use of social media websites is among the common activity for today's adolescents, they are sometimes overused/misused, which may lead to social media addiction. 1

It's already known that teens and adults alike check their phones upwards of 150 times a day, and it's been well-documented that our excessive access to social media and our obsession with our online appearance has had a significant impact on teens, including severe self-esteem issues and feelings of anxiety.

Addictive social media use will look much like that of any other substance use disorder, including mood modification (i.e., engagement in social media leads to a favorable change in emotional states), salience (i.e., behavioral, cognitive, and emotional preoccupation with social media), tolerance (i.e., ever increasing use of social media over time), withdrawal symptoms (i.e., experiencing unpleasant physical and emotional symptoms when social media use is restricted or stopped), conflict (i.e., interpersonal problems ensue because of social media usage), and relapse (i.e., addicted individuals quickly revert back to their excessive social media usage after an abstinence period).2

## Objective

- To assess the knowledge regarding impact of social media among teenage students as measured by structured knowledge questionnaire.
- To find out the association between knowledge score regarding impact of social media addiction and selected Demographic variables among teenage.
- To develop an information booklet

## Hypothesis

- H1: There will be significant association between knowledge regarding the impact of social media and selected demographic variables among teenage students.
- H01: There will be no significant association between knowledge regarding the impact of social media and selected demographic variables among teenage students.

## Materials and Methods

**Approach:** The research approach adopted for this study was quantitative research approach.

**Design:** The research design selected for this present study was descriptive non-experimental design.

**Population:** In this study the accessible population consist teenage students to use social media at government senior secondary school, shree ram ki nangal, jaipur

**Setting:** The study was conducted at a selected government senior secondary school, shree ram ki nangal, Jaipur.

**Sample and sampling technique:** 100 teenage students were assessed non probability convenient sampling technique.

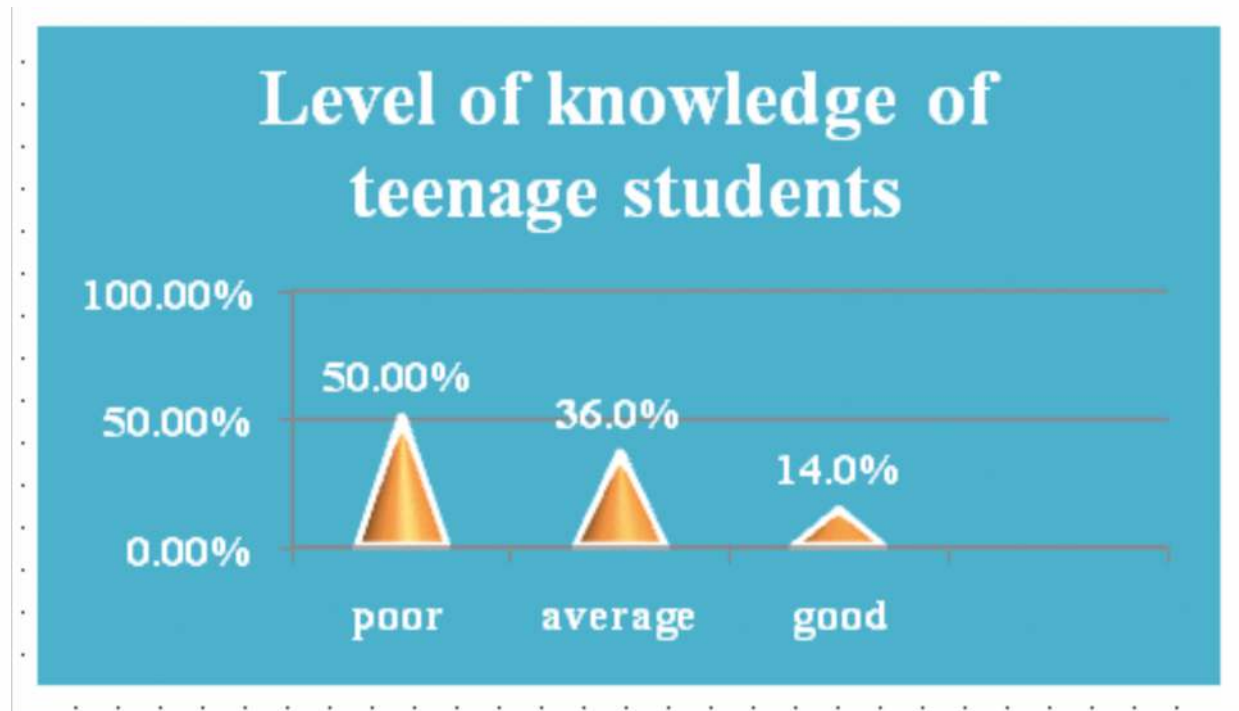
**Data collection:** in the data collection procedure, the investigator meeting the principle of Government senior secondary school, shree ram ki nangal, Jaipur. in order to establish support and cooperation to conduct study successfully. the investigator met the sample and establish rapport with them. The main study was conducted from the date 29/09/2021 to 01/10/2021.

## Results

**TABLE-1** Frequency and percentage distribution of knowledge level of teenage students regarding impact of social media addiction

**N=100**

| Knowledge Level   | Frequency  | Percentage   |
|-------------------|------------|--------------|
| Poor Knowledge    | 50         | 50           |
| Average Knowledge | 36         | 36           |
| Good Knowledge    | 14         | 14           |
| <b>Total</b>      | <b>100</b> | <b>100.0</b> |



**Fig 1:** frequency & Percentage distribution of knowledge level of teenage students regarding impact of social media

The above table shows the level of knowledge of teenage students in which 50% (50) had poor knowledge, 36% (36) had average knowledge and 14% (14) of them had good knowledge regarding impact of social media.

**TABLE-2** Mean, standard deviation & mean percentage of knowledge level of teenage students regarding impact of social media addiction.

| S. No. | Maximum score | Mean  | Mean Percentage | Standard deviation |
|--------|---------------|-------|-----------------|--------------------|
| 1.     | 30            | 14.73 | 49.1            | 5.4916             |

The study shows that the highest mean score of subject is 14.73 with SD 5.4916 and mean percentage of 49.1, was obtained for knowledge regarding impact of social media addiction. This indicates that teenage students had poor knowledge regarding impact of social media addiction.

**Table - 3: Association of knowledge score of teenage students regarding impact of social media with selected socio demographic variables**

NS- no significant

N= 100

| Variables                                 | Poor Knowledge | Average Knowledge | Good Knowledge | Chi square $\chi^2$ | DF | P value (0.05)  | Inference |
|---|----------------|-------------------|----------------|---------------------|----|-----------------|-----------|
| <b>1.) Academic class in years</b>        |                |                   |                |                     |    |                 |           |
| a.) 9 <sup>th</sup>                       | 16             | 7                 | 2              | 9.843               | 6  | .1313<br>12.59  | NS        |
| b.) 10 <sup>th</sup>                      | 14             | 9                 | 2              |                     |    |                 |           |
| c.) 11 <sup>th</sup>                      | 9              | 13                | 3              |                     |    |                 |           |
| d.) 12 <sup>th</sup>                      | 11             | 7                 | 7              |                     |    |                 |           |
| <b>2.) Gender</b>                         |                |                   |                |                     |    |                 |           |
| a.) Male                                  | 18             | 23                | 9              | 7.84                | 2  | .0198<br>5.99   | S         |
| b.) Female                                | 32             | 13                | 5              |                     |    |                 |           |
| <b>3.) Educational status of student-</b> |                |                   |                |                     |    |                 |           |
| a.) Illiterate                            | 20             | 10                | 2              | 13.74               | 6  | .03615<br>12.59 | S         |
| b.) Primary                               | 17             | 7                 | 2              |                     |    |                 |           |
| c.) Secondary                             | 8              | 8                 | 6              |                     |    |                 |           |
| d.) Graduate and above                    | 5              | 11                | 4              |                     |    |                 |           |
| <b>4.) Educational status of mother-</b>  |                |                   |                |                     |    |                 |           |
| a.) Illiterate                            | 22             | 11                | 3              | 14.56               | 6  | .02389<br>12.59 | S         |
| b.) Primary                               | 17             | 8                 | 2              |                     |    |                 |           |
| c.) Secondary                             | 8              | 9                 | 3              |                     |    |                 |           |
| d.) Graduate and above                    | 3              | 8                 | 6              |                     |    |                 |           |
| <b>5.) Type of family :-</b>              |                |                   |                |                     |    |                 |           |
| a.) Nuclear                               | 8              | 11                | 5              | 3.7342              | 4  | .443<br>5.99    | NS        |
| b.) Joint                                 | 38             | 23                | 8              |                     |    |                 |           |
| c.) single parent                         | 1              | 2                 | 1              |                     |    |                 |           |
| <b>7.) Monthly income of family :-</b>    |                |                   |                |                     |    |                 |           |
| a.) >10000                                | 4              | 4                 | 3              | 6.817               | 6  | .338<br>12.59   | NS        |
| b.) 10001-15000                           | 8              | 4                 | 4              |                     |    |                 |           |
| c.) 15001-20000                           | 11             | 5                 | 3              |                     |    |                 |           |
| d.) > 20000                               | 27             | 23                | 4              |                     |    |                 |           |
| <b>8.) presently residing :-</b>          |                |                   |                |                     |    |                 |           |
| a.) with family                           | 48             | 35                | 11             | 6.926               | 2  | .0313<br>5.99   | S         |
| b.) far away from family                  | 2              | 1                 | 3              |                     |    |                 |           |

The chi square value for association of level of knowledge among teenage students and socio-demographic variables are the obtained chi square value is at 0.05 level of significance with their respective degree of freedom.

There is no significant association between knowledge level of teenage students and demographic variables such as academic class in a year ( $\chi^2 = 9.8438$ ), type of family ( $\chi^2 = 3.7342$ ), family income per month ( $\chi^2 = 6.8179$ ) is not significant at 0.05 level of significance. Hence the alternative hypothesis H1 is rejected and null hypothesis H01 is accepted.

There is significant association between knowledge level of teenage students and demographic variables such as gender ( $\chi^2 = 9.8438$ ), father educational status ( $\chi^2 = 3.7342$ ), mother educational status ( $\chi^2 = 6.8179$ ), presently residing  $\chi^2 = (6.9262)$  is significant at 0.05 level of significance. Hence the null hypothesis H01 is rejected and alternative hypothesis H1 is accepted.

**Reliability of the tool:**

In this Study reliability of the knowledge tool was done by using Kuder-Richardson KR-20 method the result was 0.81.

## Discussion

It deals with the discussion part according to the results, obtained from statistical analysis based on the data of the study, the reviewed literature, hypothesis which was selected for the study. The purpose of the study, technical research efforts of the investigator presented the discussion of the study that revealed the fact about knowledge of teenage students regarding social media addiction. In order to achieve the objectives of the study, descriptive research design was adopted. Purposive sampling technique was used to select sample. The data were collected from 100 respondents of the teenage students by structured questionnaire.

**Conclusions:** The result shows that there is a great need to aware the knowledge of students regarding social media addiction. The data gathered and analyzed by using descriptive and inferential statistics. Chi-square test was used to find association between the knowledge score with selected demographic variables. Findings revealed that majority of teenage students had poor knowledge.

## Recommendation

Keeping in view the findings of the study, the following recommendation were made

- A similar study can be conducted on larger and wider sample in order to draw generalization.
- A descriptive study may be conducted to the students of selected school.
- A similar study can be conducted to assess the knowledge regarding impact of social media addiction among student with view develop an informational booklet.

**Financial support and sponsorship:** nil

**Conflict of interest:** there is no conflict of interest

## References

1. <https://www.aseanjournalofpsychiatry.org/articles/a-comparative-study-on-social-media-addiction-between-public-and-private-high-school-students-of-urban-bengaluru-india.pdf>
2. <https://www.addictioncenter.com/drugs/social-media-addiction/>
3. Koehler, Sarah Nichole and Parrell, Bobbie Rose, "THE IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH: A MIXED-METHODS RESEARCH OF SERVICE PROVIDERS' AWARENESS" (2020). Electronic Theses, Projects, and Dissertations. 1012. <https://scholarworks.lib.csusb.edu/etd/1012>
4. The Psychology of Social Media, September 19, 2019 •<https://online.king.edu/news/psychology-of-social-media/>
5. <https://www.helpguide.org/articles/mental-health/social-media-and-mental-health.htm>
6. No More FOMO: Limiting Social Media Decreases Loneliness and Depression Melissa G. Hunt, Rachel Marx, Courtney Lipson and Jordyn Young Published Online:December 2018<https://doi.org/10.1521/jscp.2018.37.10.751>
7. Social Media Addiction of New Media and Journalism Students\* Dr. Aylin TUTGÜN-ÜNAL Üsküdar University, Communication Faculty, Department of New Media and Journalism Assistant Professor [aylin.tutgununal@uskudar.edu.tr](mailto:aylin.tutgununal@uskudar.edu.tr), <https://orcid.org/0000-0003-2430-6322>
8. Cash H, Rae CD, Steel AH, Winkler A. Internet Addiction: A Brief Summary of Research and Practice. *Curr Psychiatry Rev.* 2012 Nov;8(4):292-298. doi: 10.2174/157340012803520513. PMID: 23125561; PMCID: PMC3480687.
9. Social Media Addiction of New Media and Journalism Students\* Dr. Aylin TUTGÜN-ÜNAL Üsküdar University, Communication Faculty, Department of New Media and Journalism Assistant Professor [aylin.tutgununal@uskudar.edu.tr](mailto:aylin.tutgununal@uskudar.edu.tr), <https://orcid.org/0000-0003-2430-6322>
10. Buffardi, Laura & Campbell, W. Keith. (2008). Narcissism and Social Networking Web Sites. *Personality & social psychology bulletin.* 34. 1303-14. 10.1177/0146167208320061.
11. <https://etactics.com/blog/social-media-and-mental-health-statistics>
12. Bhandarkar AM, Pandey AK, Nayak R, Pujary K, Kumar A. Impact of social media on the academic performance of undergraduate medical students. *Med J Armed Forces India.* 2021 Feb;77(Suppl 1):S37-S41. doi: 10.1016/j.mjafi.2020.10.021. Epub 2021 Feb 2. PMID: 33612930; PMCID: PMC7873710.