INFLUENCE OF SOCIAL MEDIA IN ADOLESCENTS SELF-ESTEEM AND ACADEMIC PROCRASTINATION OF STUDENTS PURSUING HIGHER EDUCATION

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Abstract

The study aimed at exploring the influence of social media in adolescents' self-esteem and academic procrastination of students pursuing higher education. By enrolling 100 students pursuing higher education from different college in Madhubani, the interconnectedness of the variables was investigated using: The Rosenberg Self-Esteem Scale is a tool for assessing global self-esteem, Tuckman Procrastination Scale (TPS) and Social Media Addiction Scale Student Form (SMAS SF). The study revealed that there is a negative relationship between the two variables. Increase in the time spent on social media would result in the decrease of the self-esteem of an individual. It can also be concluded that there is a statistically significant correlation between social media usage and self-esteem among adolescent.

Keywords: Social, Media, Addiction, Scale, Adolescent

Introduction

Social media has a great influence in adolescence life. Surveys show that 90% of teens are using social media. Studies show that increased use of social media affecting adolescents' psychosocial well-being. In recent years the use of internet and social media increased rapidly. Social media include websites and applications that allow users to share content, ideas, opinions, beliefs, feelings, and their personal, social and educational experiences. They also allow communication among wide ranges of users at global level. More than 4.5 billion people are using the internet at the start of 2020, active social media users have passed the 3.8 billion mark with this number increasing by more than 9 percent (321 million new users) since this time last year. Social media plays a big role in teen's culture today. There are plenty of positive aspects of social media, but significant risks in the excessive use to be addressed. Academic procrastination and social networking usage is one of the main fields of research and its effects on academic performance are one of the widest research fields of modern age. It is important to continue searching for mechanisms that decrease its effects on student's performance through social networking. Adolescents are among the most enthusiastic users of social networking and social media. The present study examines how the usage of social media affects self-esteem and academic procrastination in adolescent group. The increased number of technological applications gives opportunities to the adolescence to connect, communicate, and interact with each other. However this use raise an important question for educational and developmental psychologists; how does social media affected adolescence self – esteem and academic procrastination. Social media platforms are having its own uses in the current scenario. Excessive use of this technology may have its own demerits in the adolescence academic parameters. The present study aims to find out the impact of excessive social media usage among adolescents in their self-esteem and academic procrastination.

RESEARCH PROBLEM

The present research aims to study the influence of social media in adolescents' self-esteem and academic procrastination.

OBJECTVES

1. To assess the impact of social media usage in students pursuing higher education.
2. To find out the influence of social media usage in students pursuing higher education self-esteem
3. To study the relationship between social media usage and academic procrastination in students   pursuing higher education

HYPOTHESIS

1. There is a significant relationship between social media usage and self -esteem among adolescents.
2. There is a significant relationship between social media usage and academic procrastination among adolescents.

OPERATIONAL DEFINITIONS

Social media: Social media is a computer based technology that facilitates the sharing of ideas, thoughts, and information through the building of virtual networks and communities.

Adolescence: Adolescence is a psycho-socio-biological stage of development occurring between childhood and adulthood. During this period, rapid and important developments occur which give rise to the need for adjustment and the necessity for establishing new attitudes, values and interests (Elizabeth Hurlock, 1968).

Self-esteem: Self-esteem refers to a person's overall sense of his or her value or worth. It can be considered a sort of measure of how much a person "values, approves of, appreciates, prizes,or likes him or herself"(Adler&Stewart,2004).

Procrastination: Procrastination comes from the Latin pro, meaning "forward, forth,or in favour of," and Crasinus, meaning "of tomorrow". Procrastination is defined as the act off or delaying an action to a later time (Bachrach,2012).

SAMPLE

A sample of 100 students pursuing higher education from different college in Madhubani is selected using purposive sampling technique. The age group of the students was 18 to 23 years.

RESEARCH DESIGN

In the present study, a co-relational research design is used to study the relationship between social media usage and self-esteem and academic procrastination among adolescence.

TESTS AND TOOLS

1. **The Rosenberg Self-Esteem Scale** is a tool for assessing global self-esteem
2. **Tuckman Procrastination Scale (TPS)**
3. **Social Media Addiction Scale Student Form (SMAS SF)**

Interpretation of Data:

1. **Demographic profile of students pursuing higher education**

Table -1 shows the demographic profile of students pursuing higher education.

Table 1: Demographic profile of students pursuing higher education

S.I.	Variables	Categories	Percentage
1.	Gender	Male	50%
		female	50%
2.	Educational Qualification	Secondary	50%
		Senior secondary	50%
3.	Religion of student	Hindus	52%
		Muslim	36%
		Christians	12%
		Others	0%
4.	No. of sibling	1	88%
		2	12%
		3	0%
5.	Birth Order	First born	55%
		Second Born	40%
		Later Born	5%

2. Duration of Social Media among students

Table -2 shows the duration of social media addiction by the respondent. 25% of the distance learner use smartphone 3 to 4 hour, 40% of them use 4 to 5 hours and 35% of them use more than 5 hours a day.

Table 2: Duration of social media among students

Duration	Frequency	Percentage
3-4 hour	25	25
4-5 hours	40	40
More than 5 hours	35	35
Total	100	100

TESTING OF HYPOTHESES

Hypothesis 1: There is a significant relationship between social media usage and self - esteem among students pursuing higher education.

Pearson Product Moment Correlation analysis is used to find out the relationship between two variables. The correlation co efficient is valued in the field of education as the measure of relationship between test scores and other measures of performance. In the present study, the correlation analysis is used to find out the strength of relationship between social media usage and self esteem among students pursuing higher education.

Table 3 Correlation among social media usage and self esteem among students pursuing higher education

Variables	N	Correlation	Significance
Social Media		-0.933**	**$P<0.01$
Self esteem	100		

**Significant at 0.01level

From the result of the correlation test it can be concluded that there is a negative relationship between the two variables. Increase in the time spent on social media would result in the decrease of the self-esteem of an individual. It can also be concluded that there is a statistically significant correlation between social media usage and self-esteem as the sig value shown in table 1 is less than 0.05. Thus, the hypothesis stated that there is a significant relationship between social media usage and self -esteem among students pursuing higher education is accepted.

This is in consistent with the previous research conducted by Alyssa Saiphoo(2019) of Ryerson University, Toronto conducted a study regarding "The relationship between social media use and self-esteem". The study found a small, significant, negative relationship between social network sites use and self-esteem, suggesting that higher level of social network sites users are associated with lower level of self-esteem.

Hypothesis 2: There is a significant relationship between social media usage and academic procrastination among students pursuing higher education.

Pearson Product Moment Correlation analysis is used to find out the strength of relationship between social media usage and academic procrastination among students pursuing higher education.

Table 4 Correlation among social media usage and academic procrastination among students pursuing higher education

Variables	N	Correlation	Significance
Social Media Usage	100	0.179**	**P$<$0.01
Academic Procrastination			

**Significant at 0.01level

The statistical outcome in table 4 shows the coefficient of correlation between academic procrastination and social media usage of students pursuing higher education. Examination of the correlation matrix reveals that social media usage has the highest correlation with the academic procrastination (r=.179**, p<.01). So it reveals that significant correlation is found between social media usage with academic procrastination among students pursuing higher education. Thus, the hypothesis no. (2), there is a significant relationship between social media usage and academic procrastination among students pursuing higher education is accepted. Thus, there exists significant positive relationship between social media usage with academic procrastination among students pursuing higher education. Thus it can be interpreted that excess use of social media usage increases students' academic procrastination.

In similar line the students of current time face many distractions through gaming, social networking addiction, online games and other stuff which snip their time. The most highly object for students can be referred to social networking, and it adds to their academic procrastination (Andreassen, 2015). Also there are various researches which support the results like Derakhsh, et al., (2018); & Rashmei, et al., (2016). Otherwise there are lot of advantages from using social networking contains improving reading skills sharing ideas and information.

Despite the benefits of usage of students in social networks, its misappropriation could impact the academic life of the students and their academic performance.

DISCUSSION

Based on the findings of the hypothesis high correlations were found between independent and dependent variables. The high correlations may indicate that a higher usage of social networking increases academic procrastination. The results indicate a number of different justifications. For instance, students unluckily use filthy websites, online games, internet surfing services, and chat rooms, sleeping late initiated by spending too much time on the websites rather than undertaking creative activities. This matter directed to academic failure. Permanent use of social networking can lead to procrastination, loss of time and distraction (Ozer et al., 2013; & Karpinski et al., 2013). In similar line the students of current time face many distractions through gaming, social networking addiction, online games and other stuff which snip their time. The most highly object for students can be referred to social networking, and it adds to their academic procrastination (Andreassen, 2015). Also there are various researches which support the results like Derakhsh, et al., (2018); & Rashmei, et al., (2016). Otherwise there are lot of advantages from using social networking contains improving reading skills sharing ideas and information. Despite the benefits of usage of students in social networks, its misappropriation could impact the academic life of the students and their academic performance.

Further, the students who are most concerned with academic, that their social media usage does not affect their academic work at all. The results of the research can be practically implied through the effort in endorsing social networking usage among academic students that can lead to the increase in the knowledge about social networking and can lead to other academic enhancement. It can help in producing the information for the educationists and the government officials to understand internet users and to provide the framework or policy to indulge in social networking users‟ necessities efficiently.

The study revealed that there is a negative relationship between the two variables. Increase in the time spent on social media would result in the decrease of the self-esteem of an individual. It can also be concluded that there is a statistically significant correlation between social media usage and self-esteem among adolescent.

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CONCLUSION

Social media has a veritably strong impact on the tone- regard of individualities. Scholars use these social networking spots for information, communication and structure and maintain of connections. But maturity of the people end up making overhead and over comparisons with others. The upward comparisons make people begrudge others and their cultures and also feel less obliged and ungrateful for their bounties. As a result the tone- regard of similar people gets negatively affected. Social media is growing veritably drastically in nearly every country

in the world. After assaying the relationship of social networking operation with academic procrastination among university scholars, the results revealed that there exists a statistically significant relationship between social networking operation and academic procrastination. The study further revealed that there's a negative relationship between the two variables. Increase in the time spent on social media would affect in the drop of the tone- regard of an individual.

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