The Negative Impact of Social Networking Sites on College Students' Time, and Education

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Abstract: *Teenagers, maybe this word came from the numbers that end with teen, from 13 – 19. This period of years is the most sensitive one, whereas any person can be affected from anything. That impact can be on his health, time, mentality, ethics and studies. Furthermore, one of most things can impact on teenagers specially students is social network.*

Keywords: social media, security, privacy, hack, students

1. Background

Teenagers, maybe this word came from the numbers that end with teen, from 13 – 19. This period of years is the most sensitive one, whereas any person can be affected from anything. That impact can be on his health, time, mentality, ethics and studies. Furthermore, one of most things can impact on teenagers specially students is social network.

Social network is outlined as websites and applications that enable users to create and share information or to participate in social networking. Using social network websites and applications is among the most common activity of today's children and adolescents. Any web site that allows social interaction is considered a social media site, including Facebook, Twitter, Whatsapp and Viber. Such sites and applications allow entertainment and communication and have grown exponentially in recent years. This technology impact negatively on our society more than it impact positively. It is not only changing how we communicate, but how we interact with each other in daily life. Social networking affects our lives in many ways, including our communication, self expression, bullying, friendships, and even our own mental health. [1]

While the problem here in the great proliferation of social network websites and applications which affected the life of people in general either negatively or positively. [2] As it is already mentioned, the influence of media on teenagers is very big. They spend too many hours being entertained by the mass media. Today when technology has rapidly progressed an average student must use modern devices because if he does not do that there is no future for him. Some boys and girls spend more than 10 hours per day being entertained by the mass media, which is, everybody agrees, too much. Some of them spend even more than 70 or 80 hours, which becomes their obsession. That might sound strange but examples like this really exist. [3]

Media is a vast form of communication that permeates nearly every aspect of modern culture. Teenagers are exposed to all sorts of media outlets, from television, movies and advertising to social media sites such as Facebook and Instagram. Media isn't inherently positive or negative; however, teens should have a healthy balance between exposure to media and other, intellectually and physically stimulating activities. [4]

2. Problem Statement

(Statement 1) Social Networks or we can call it the virtual society provides many facilities to communicate with others in different ways such as sending messages, sharing pictures or making video calls. These features have attracted all age groups of society, including teenagers. Social networks are one important instrument in this century, and most of their users are teenagers. They spend a significant amount of time on it.

(Statement 2) However, teenagers impact negatively from these websites and applications more than getting benefits.

(Statement 3) There is no any kind of control on these websites and applications to adjust things. As well there are not specific methods helps the teenagers to avoid the evil that can reach them by force without any grasp. Even there are not any types of curriculum or methods for the benefits of others to prophylaxis from those evils. All these things have made social networking programs have a negative influence on teens.

(Statement 4) In response to this problem, this study proposes to investigate several options for using this social network in a positive way for teenagers, by making the impact of this kind of application aspect by the culture and ethics. Furthermore this study will consider the action that we need to remain this application safe place for our teenagers to use it has always been.

Research Questions

1) Question 1: To what extent we still have privacy on social media?
2) Question 2: What is the impact of Social network websites and applications on teenagers from the religious aspect and the culture and ethics aspect?
3) Question 3: What are the recommendations that contribute to increase the effectiveness of using Social network websites and applications and in a positive way?

Research Hypotheses

This research focus in 3 hypotheses to address and highlight the negative impact of Social network websites and applications on teenagers. The research hypotheses are:
1) Hypotheses 1: Social network websites and applications affect negatively on the behaviour of teenagers.
2) Hypotheses 2: Social network websites and applications reduce from the activity of teenagers whether on a professional or academic level.
3) Hypotheses 3: Nowadays social network websites and applications one of the main causes of disintegration of the family.

Research Objectives

This study attempts to attract the attention to the multiple risks that arising from misuse of the new digital media, and seek to release some of those shapes and explain something of risks. Whereas the proliferation of Social network websites and applications in various programs and areas quickly requires making studies to confront them or reduce their drawbacks and employ them positively for the community.

Thus the main objectives of this research are:
1) To increase the awareness of teenagers in using and access to Social network websites and applications.
2) To determine the prevalence of these Social network websites and applications between teenagers.
3) To get a set of recommendations that can help in using Social network websites and applications optimal use, and commensurate with our religion and ethics and our fixed principles.

ID	Task Name	Start	Finish	Duration
1	Background	17/02/2015	24/02/2015	8d
2	Problem Statement	25/02/2015	03/03/2015	7d
3	Questions	04/03/2015	06/03/2015	3d
4	Hypotheses	06/03/2015	09/03/2015	4d
5	Objective	10/03/2015	11/03/2015	2d
6	Rectification	12/03/2015	16/03/2015	5d
7	Literature Review	17/03/2015	31/03/2015	15d
8	Planning Research Proposal	01/04/2015	15/04/2015	15d
9	Research Design	16/04/2015	30/04/2015	15d

Gantt Chart:
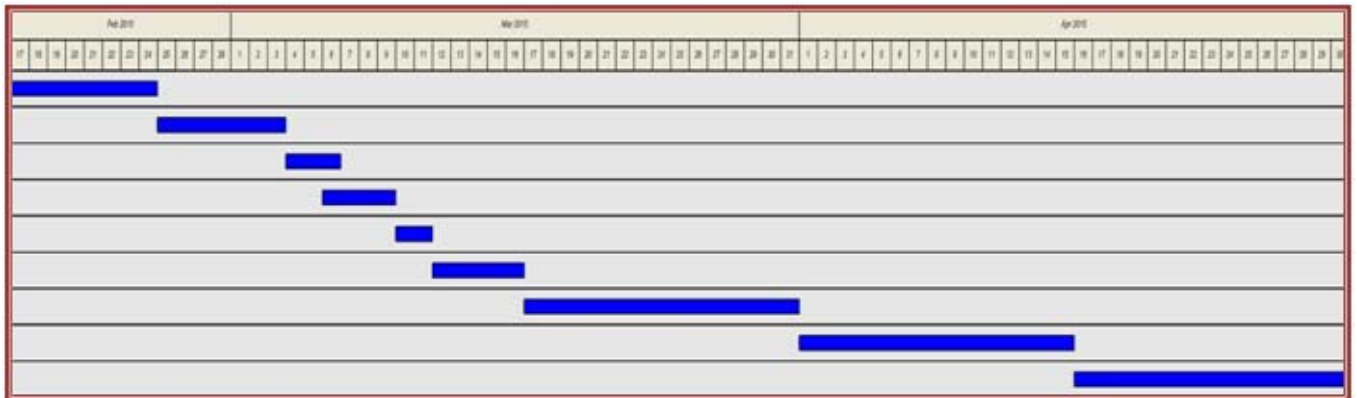
3. Literature Review (LR)

Movies and television programs often show characters using drugs and alcohol and engaging in violent behaviours. At a developmental stage when teens seek greater freedom and independence, the glorification of drugs, alcohol and violent behaviors in the media make it challenging for teens to make responsible behavioral choices. Still, media cannot solely be blamed for teens' consumption of drugs and alcohol; ultimately it's up to parents to teach their teens about the negative consequences associated with risky behaviors, and the false images often perpetuated in the media for financial gain. Teens learn to use their critical thinking skills -- and

parents can help them in this area -- by distinguishing fantasy from reality, and analyzing the agendas and target audiences of various advertisements. [4]

Despite the many benefits of social media use, parents may be more familiar with the negative effects, especially if one's information source is media news reports. Some of the negative effects associated with teens' social media use include
- Cyber bullying and online harassment
- Sexting
- Facebook depression
- Lower school grades

Paper ID: NOV152163

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Larry Rosen, professor and past chair of psychology at California State University, Dominguez Hills, is a social media researcher. He specializes in the psychology of technology.

From my research and that of others I see the overall effect [of social media on teens] as both good and bad," he states. Some of our research shows, for example, that more Facebook activity is related to more signs of certain psychiatric disorders such as narcissism, while the same research shows that having more friends on Facebook predicts lower depression.
Other studies out of our lab show that using Facebook helps teens practise and learn how to be empathic in the real world. And still other work shows that shy teens are assisted in learning communication skills by practising online. The bottom line is that we are just now starting to see both the good and the bad."

Based on his research, Rosen believes that the positive benefits of social media use are starting to outweigh the negative ones, but parents and teachers need to make a considered effort to ensure that the positives win out. [5]

Though it would be difficult to measure exactly how much time teenagers and children are spending online, surveys have gathered a considerable amount of information about kids' and teens online habits. [5]

Norton Online Family Report (2010)
- 2,800 children aged eight to 17 and 7,000 parents in 14 countries surveyed
- 1.6 hours a day on average spent online
- 48 percent of kids surveyed believed they spent too much time on the Internet

Roiworld's Teens & Social Networks Study (June 2010)
- 600 13- to 17-year-old boys and girls in the US surveyed
- 2 hours and 20 minutes a day on average spent online
- 80 percent of their time online is spent on a social networking site

Where do kids hang out?
- 90 percent of teenagers say they've created an online profile for at least one social networking site
- Facebook and YouTube are the ones most popularly frequented by teens
- 93 percent of Canadian kids hang out online to play games

Who's being social?
According to a survey conducted by Amanda Lenhart of the Pew Research Center in 2009, age and gender are factors in determining whether teens have an online social media profile.
- 86 percent of 15- to 17-year-old girls
- 69 percent of 15- to 17-year-old boys
- 38 percent of 12- to 14-year-olds

How do teens communicate?
- 51 percent of teens who own cellphones use them as their main type of communication

- 42 percent of teens who use social networking sites send daily messages through a site such as Facebook

In 2012, Anxiety UK conducted a survey on social media use and its effects on emotions. The survey found that 53% of participants said social media sites had changed their behavior, while 51% of these said the change had been negative.

Country	Unique Audience (000)	Time per Person (hh:mm:ss)
United States	142,052	6:09:13
Japan	46,558	2:50:21
Brazil	31,345	4:33:10
United Kingdom	29,129	6:07:54
Germany	28,057	4:11:45
France	26,786	4:04:39
Spain	19,456	5:30:55
Italy	18,256	6:00:07
Australia	9,895	6:52:28
Switzerland	2,451	3:54:34
Made By: The Nielsen Company		

Many people using social networking sites make comparisons with others, which can lead to negative emotions. Those who said their lives had been worsened by using social media also reported feeling less confident when they compared their achievements against their friends.

"This problem has definitely gained recent attention," says Dr. Rauch. "We know that many people on social media sites often present idealized versions of their lives, leading others to make upward social comparisons, which can lead to negative emotions."

Furthermore, the survey revealed that two thirds of participants reported difficulty relaxing and sleeping after they used the sites, while 55% said they felt "worried or uncomfortable" when they were unable to log onto their social media accounts.[6]
Furthermore from some studies made from different schools and places they found that social media effect strongly specially on students [7]:

1) Many students rely on the accessibility of information on social media specifically and the web in general to provide answers. That means a reduced focus on learning and retaining information.
2) Students who attempt to multi-task, checking social media sites while studying, show reduced academic performance. Their ability to concentrate on the task at hand is significantly reduced by the distractions that are brought about by YouTube, Facebook or Twitter.
3) The more time students spend on social sites, the less time they spend socializing in person. Because of the lack of body signals and other nonverbal cues, like tone and inflection, social networking sites are not an adequate replacement for face-to-face communication. Students who spend a great deal of time on social networking are less able to effectively communicate in person.
4) The popularity of social media, and the speed at which information is published, has created a lax attitude

towards proper spelling and grammar. The reduces a student's ability to effectively write without relying on a computer's spell check feature.
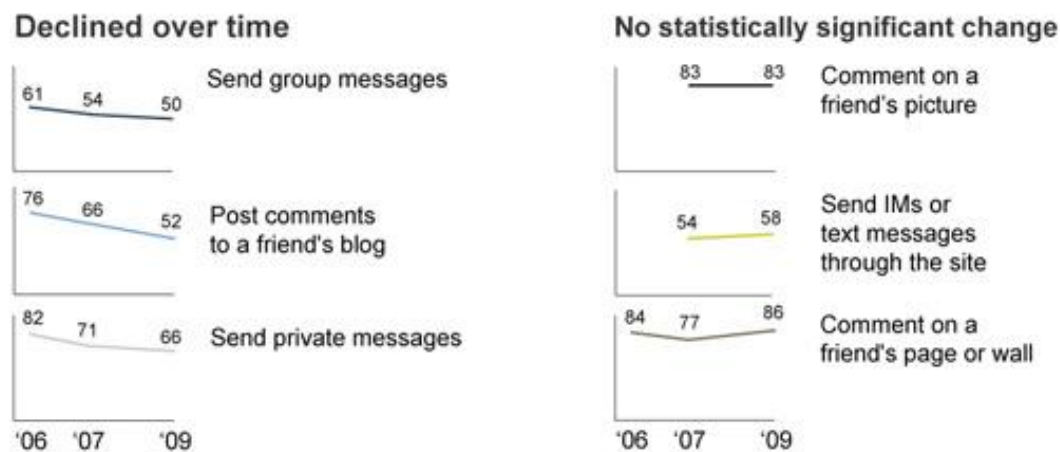
5) The degree to which private information is available online and the anonymity the internet seems to provide has made students forget the need to filter the information they post. Many colleges and potential employers investigate an applicant's social networking profiles before granting acceptance or interviews. Most students don't constantly evaluate the content they're publishing online, which can bring about negative consequences months or years down the road.

Furthermore, according to pewinternet.org studies, there are a study made about how can social media can impact on communication skills of teenagers. ―a bit more than a third (37%) of social network-using teens said they sent messages to friends every day through the social sites, a drop from the 42% of such teens who said they did so in February of 2008" (Pew). Face to face communication among children and teenagers is being squashed out by social networks. A phone call isn't used to get in touch with someone anymore, Facebook and Twitter are the main tools of communication. The consequences of this are social awkwardness and even social anxiety when confronted with new people to meet in person. A study was done by pewinternet.org among teenagers on social networks, and the amount of communication among teenagers on social networks, and the amount of communication by social network has remained steady. [8]

Teens' activities on social networking sites

The percentage of teen social networking site users who have done the following activities, over time (2006-2009).

Declined over time

61 54 50 Send group messages

76 66 52 Post comments to a friend's blog

82 71 66 Send private messages

'06 '07 '09

No statistically significant change

83 83 Comment on a friend's picture

54 58 Send IMs or text messages through the site

84 77 86 Comment on a friend's page or wall

'06 '07 '09

2009 data only:

Join groups: **37%**
% of teens on SNS

Pew Internet
Pew Internet & American Life Project

Use your cell phone to view or update your profile: **25%**
% of teens who access SNS through mobile devices

Sending instant messages or text messages to friends through a social network site has remained stable, with 58% of social networking teens saying they sent texts or IMs [8]. This means that more than half of teens are using social networks to get and stay in touch with their friends. Face to face communication is lessened, because social networks provide quicker and easier ways to talk with someone. This is not good because face to face communication skills are needed later in life. A job interview won't be over Facebook chat, an applicant must go in for an interview and actually communicate with the employers. Social networks don't allow children and teenagers to develop the communication skills that they will need for situations later in life.

We mentioned how can social media impact on time, communication skills and study of teenagers students, but what about cyber bullying?

Cyber bullying is especially popular on social networks, and allowing children to go on these sites exposes them to this. Internetsafety101.org defines cyber bullying as, ―willful and repeated harm (i.e., harassing, humiliating, or threatening text or images) inflicted through the Internet, interactive technologies, or mobile phones" [9]

According to the National Crime Prevention Council, ―Forty-three percent of teens have been victims of cyber bullying in 2010" [10]. Cyber bullying is an extremely serious subject. The bully can constantly get in touch with a victim. Cyber bullying is so serious because ―victimization on the Internet through cyber bullying is increasing in frequency and scope. Electronic bullies can remain ―virtually" anonymous". Many teens go to extremes to escape cyber bullying, even resorting to suicide as a way

out. Parents of teenagers and children need to be wary of   cyber bullying.

Authors,Year	Title	Objective	Finding
Honor whiteman,2014	Social media: how does it really affect our mental health and well-being?	two thirds of participants reported difficulty relaxing and sleeping after they used the sites, while 55% said they felt "worried or uncomfortable" when they were unable to log onto their social media accounts.	From All that points and objectives we can clearly see how much can impact the social media on teenagers specially students. It impact in many facts such as time, health, ethics, education and communication.
Ellen Niemer,2012	Teenagers and Social Media How to connect with—and protect—your kids online	From that all studies we can clearly see that more than half of teenagers that are using social media affected from SNS (Social Network Sites). Even if that impact was not on health or study it is on time that they spend in using social media.	Social media cause various problems in our society. Face to face communication has lessened in recent years, because you can just tweet or write on your friend's walls. Social networks are also addictive; people spend so much time on them that they aren't accomplishing what they should actually be doing. Every single day more and more people join social networks and begin to experience the negative effects of these sites. Social networks are detrimental to teenagers and children because communications skills are affected, users can become addicted to these sites, and cyber bullying is prevalent.
K.Nola Mokeyane,2012	THE INFLUENCE OF MEDIA ON TEENAGERS	the negative effects associated with teens' social media use include : • Cyber bullying and online harassment • Sexting • ─Facebook depression" • Lower school grades	
Jeff Dunn,2011	10 Best and Worst Ways Social Media Impacts Education	Social media impact on the education of teenagers students while it reduced focus on learning and retaining information and on their ability to concentrate on their tasks. Students who spend a great deal of time on social networking are less able to effectively communicate in person.	However what are the solutions for all of that? The main solution is to help teenagers in understanding well how much is danger this kind of things and it can happened just from their parents. For example cyber bullying parents of teenagers need to be wary, can look out for mood shifts after being online can be a good indicator that the teenager is being cyber bullied. Keeping an open dialogue, teaching positive online behavior and checking in on teenager's social networking behavior are important.
National Crime Prevention Council,2011	Stop Cyber Bullying before it starts	Cyber bullying is so serious because ─victimization on the Internet through cyber bullying is increasing in frequency and scope. Electronic bullies can remain ─virtually" anonymous"	
Pew Research Centre's Internet & American Life Project,2010	Teens and Social Network Communication Practices	Face to face communication among children and teenagers is being squashed out by social networks. A phone call isn't used to get in touch with someone anymore, Facebook and Twitter are the main tools of communication.	

Pew Research Centre's Internet & American Life Project

4. Research Method

As the search terms of data can be obtained easily and frequently, the nature of the research will be quantitative, it is because we do not need much of details as qualitative research and may miss a desired response from the participant, more than that we can use statistics to generalise a finding. The research will conduct using questionnaire, which will distribute to about 200 students from different college schools. After that a critical analysis will carry out of the facts and figures that will collect.

Population:
The main target population for the study will be the students from college school.

Variables:
The variables that we will select in this research are:
• Social networking sites as independent variable.
• Students as dependent variable.

Questionnaire
1- What gender are you?
A- Male
B- Female

2- Do you use social networking sites?
A- Yes
B- No

3- Why do you use social networking sites? (May choose more than one option)
A- Studying
B- Playing games
C- Chatting
D- Making friends
E- Other

4- How often do you access on these social networking sites ?
A- Once a month
B- Once every two weeks
C- Once every week
D- 2-4 times each week
E- 5-6 times each week
F- Every day

5- How long do you spend on these sites each time you visit?
A- Less than an hour

B- 1-2 Hours
C- 2-3 Hours
D- 3-4 Hours
E- More than 4 hours

6- To what extend do you think social networking sites are affecting your studies?
A- Seriously affecting
B- Slightly affecting
C- No impact
D- Slightly helping
E- Seriously helping

7- Do you feel that if you were to not participate in social networking you would be missing out?
A- Yes
B- NO

8- Do you feel that through any online social networks you belong to a community?
A- Yes
B- No

9- Did you face any kind of Cyber bullying from social networking sites?
A- Yes
B- NO

10- Select THREE of the following statements which you feel you agree with most of all:

☐ Social Network Sites are very useful to me academically.

☐ Social Network Sites cause a distraction to my educational work.

☐ Social Network Sites help to develop my social skills.

☐ Social Network Sites play a large role in my campus life.

☐ Social Network Sites do not distract me from my educational work.

☐ Social Network Sites play no role in my campus life.

☐ Social Network Sites do not help me keep in touch with class mates or colleagues.

☐ Social Network Sites are of no use to me academically.

☐ Social Network Sites do not help to develop my social skills.

☐ Social Network Sites help me keep in touch with class mates or colleagues.

11- If your answer was YES , did you inform anyone from your family ?
A- Yes
B- No

12- If you do not use social networking site why you do not use it? (May choose more than one option)
A- It's boring
B- Not interested
C- I have no friends
D- Others

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