Impact of Social Media on Interpersonal Communication between Student and a Teacher

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A B S T R A C T

The main aim of this research is to study how our interpersonal relationships are affected by social media. Our main objective of this research is to find out whether there is an effect of social media on our education. The type of research we have chosen is descriptive and mixed method of research. Our variables are family, friends, fellow colleagues and fitness (mental/physical). The sample size we chose was 100, using convenience sampling and questionnaires. We used SPSS to analyze our data, hypotheses testing method. In our findings we find out that 60% of our respondents used social media for 3-5hrs and 46% of our respondents disagreed that social media has worsened their personal relationships which means that social media has a much more positive effect on relationships than is popularly believed.

INTRODUCTION

Background of The Study

Social Media is on the rise. It has changed the dynamics of daily life and has a rather large effect on many spheres of life. This research will look into the effects it has had over interpersonal relationships overtime. Some of the negative effects are: there is no track of time, FOMO (Fear Of Missing Out) is a type of anxiety brought on by social media and the constant need to stay connected to what is happening in other people's lives, symptoms of distress if not connected to the internet, work affairs are at a halt etc. However, it also helps people talk to people in other cities or sometimes even in their own house. Almost all workplaces now operate digitally and there are entire departments specifically dedicated for strategies developed for social media advertising. Social media affects relationships with family, friends and fellow colleagues and Fitness (mental health, behavior, sleep patterns).

Statement of The Problem

Social Networking Sites have affected many aspects in society. Facebook, Twitter, Youtube and Whatsapp etc have taken over traditional ways of communicating over mobile devices for many reasons like instant replies etc. We need to find out how they affect us and to what extent. We will look at the relationships with family, friends, fellow colleagues and fitness.

Scope of The Study

We will try to find out the extent of the effects of social media on people and the relations they have in their lives. We will include participants who use social media in their daily life and how it affects their physical health, behavior patterns, sleeping patterns, communication and relationships with family, friends and fellow colleagues.

Objectives of Study

1. To determine which sphere of life i.e. family, friends, fellow colleagues and fitness are affected the most
2. To analyze the drawback and positive changes in society because of social media.
3. To ascertain what solutions can be found of the negative effects of social media

Research Questions

1. What are the impacts of Social Media on interpersonal relationships?
2. What are the reasons social media is so powerful?
3. What steps can be taken to counter the drawbacks of social media?
4. Which sphere of life is affected the most by social media i.e family, friends, fellow colleagues or fitness?
5. How is family life affected by social media?

Hypotheses/Assumptions of Study:

H1: Social Media has a positive impact on interpersonal relationships
H2: Educational advancement is affected the most by social media

Delimitations

Our sample size is limited because of constraints of time and resources.

Definition of Key Terms
1. Social Media: applications that make it possible for people to share or generate new content with eachother to participate in social networking through websites.
2. Interpersonal: communication between people.
3. Relationships: a state of being connected with other people.

REVIEW OF LITERATURE

Kraut et al (1998) suggested, the Internet could change the lives of normal nationals as much as the phone in the early twentieth century and TV during the 1960s. Researchers are discussing if Internet is enhancing or hurting cooperation in network life and social connections. This exploration inspected the social and mental effect of the Internet individuals in family units in their initial 1 to 2 years on-line. We used information gathered over time to look at the impacts of the Internet on social contribution and mental prosperity. In this example, the Internet was used widely for communication. Regardless, more prominent use of the Internet was related with a decrease in communication with relatives in the family unit, in the extent of their group of friends, and increases in their sadness and depression. These discoveries have suggestions for research, for open arrangement, and for the plan of innovation. Much later, Nie &Erbring (2002) investigated how the life of an ordinary American citizen may have altered due to advancements in Information Technology. These changes are evident. They are influencing people's behavior and social spheres of life, however, there is no proper study being carried about the actual impact IT has sociologically. The data of a survey shows that among adult Americans, they are less in touch with their surroundings; the more time is spent using the Internet. This impact is so apparent that even 2-5 hrs per week may enhance this, especially for those who spend 10 hrs and above online.

Two investigations then looked at undergrads' relational connection on the web, face to face, and on the phone according to Baym et al (2004). A journal evaluated the measure of social collaborations understudies led online contrasted with face-to-face discussion and phone calls. Results showed that while the web was coordinated into understudies' public activities, up close and personal correspondence remained the predominant method of communication. Members detailed utilizing the web as frequently as the phone. An overview analyzed announced utilization of the web inside neighborhood and long separation groups of friends to the utilization of other media inside those circles, and inspected latest huge social associations led over media regarding purposes, settings, and quality. Web association was seen high in quality, however lower than other media. Results were contrasted with past conceptualizations of the jobs of web in one's public activity.

Adding to that Kim et al (2009) carried a research which analyzed how the Internet cause loneliness in people. Two models of hypotheses were created ; the first model suggests that instead of reducing their problems, lonely individuals, who use the web to make up for lack of social skills have a negative effect on their lives in terms of school, work life or romantic relationships. This model suggests that individuals experiencing loneliness have little to no control over their Internet usage/ real life relations. Instead, they add to their already existing problems, which causes them to go back to their old ways of Internet usage, which plunges them into deeper isolation as a means of escape. The second model proposed loneliness as an internal reason followed by negative effects. This suggests a vicious cycle of Internet use, if not regulated. In conclusion, the entertainment aspect of the Internet is a greater menace than the social side of it. Hence, even if intervening with real life happenings, the Internet's social use may be considered safer for its users. In addition to that, it has been suggested that social media also has an impact on interpersonal relationships. Questionnaires emphasized on Facebook usage trends and online communication ways were completed by undergrads, designed to evaluate

offline relationship quality, online interaction quality, content, levels of self-esteem and depression. Moorman & Bowker (2011) also analyzed that Facebook usage was not suggestively related to psychological adjustment. However, results also suggested a significant positive relationship between friendships and self-esteem under situations of low Facebook use. Furthermore, results indicated that it is not the time spent on Facebook, but the extent to which relationships are enabled online that calculates psychological adjustment. Fischer & Reuber (2011) also investigated social interaction as it plays a central role in effectuation processes, yet little is known about the implications for effectuation. Their paper utilized an inductive hypothesis building philosophy to create suggestions about how effectuation forms are affected when business visionaries receive Twitter. Twitter is a microblogging stage that can encourage a stamped increment in connection. They suggested that Twitter-based interaction can trigger effectual cognitions, but that high levels of interaction via this medium can lead to effectual churn. They also suggested that two factors: perceived time affordability and moderating the outcomes of social connection through Twitter. These components are network introduction and network standard adherence. Suggestions for their comprehension of effectuation of social cooperation and the effect of webbased life on pioneering firms are examined which predicts the level of social interaction in which an entrepreneur engages via Twitter.

Expanding on that Tariq et al (2012) described the impact of social media on youngsters i.e how social networking websites are dangerous for youth and teenagers. The effect of social sites can be great on understudies however if we have a more critical look on the genuine effect of interpersonal organizations that may help. Today it is thrashing the future and transporter of understudies. The person to person communication social media sites are consistently diverting understudies from their examinations. The focal point of understudy ought to be training however tragically the present understudy are stressing on such locales which can be a waste of time. Interpersonal organizations were just an electronic association between clients however sadly it has turned into a coercion for understudies, young people and even grown-ups. Their paper presents effect of informal communities on instruction, understudies and effect on life of young people, further it shows how long-range interpersonal communication sites are unsafe for youth and adolescents. Consequently, Sponcil & Gitimu's (2013) research was about how over time, social networking sites have created a spectacle. One of the top two social networking sites in terms of popularity and growth are Twitter and Facebook. They enable people with new ways of communicating with your family and acquaintances and empower personal concepts of self. Fast communication in new and creative ways with other people is another advantage of these sites. Adding to that, the usage of these social media sites has increased vastly, and habitual visits are observed as well. This study provides us with the understanding of how college students use social networking sites and the impact it has on their ways of communicating and how they perceive themselves.

Adding to that Al-Rahmi & Othman (2013) described that there is no uncertainty that social media has increased ease of use and is likewise ending up as the most critical specialized devices among understudies particularly at the more elevated amount of instructive interest. As much as internet-based life is seen as having crossed over any barrier in correspondence that existed. Inside the online life Facebook, Twitter and others are presently giving more support. These sites and social gatherings are a method for discussing straightforwardly with other individuals. Web based life has the possibilities of impacting basic leadership in a brief timeframe, paying little respect to the separation. On the basis of its impact, advantages and bad marks this examination is completed so as to feature the possibilities of web-based life in the scholarly setting by community oriented learning and enhance the understudies' scholarly execution. The outcomes demonstrate that community-oriented adapting emphatically and fundamentally with intuitive with companions, intelligent with educators

and commitment which sway the understudies' scholarly execution. Davis (2013) further suggested that the youth of today and their evolving aspect of identity is highly inspired by social communication websites, mobile phones, games and their friends and family. Over the previous decade digital advancements and expansion have had a massive effect. According to this study, digital media may either help/downgrade the relational involvements of the youth, dependent on how they use media. The study contributes to the ongoing research that deals with finding out how the youth and their new media habits, affect themselves and people around them. This is done by analyzing features usually linked with studies about the development of the youth with reference to new technologies that influence their social settings. That being so Sanchez (2014) looked into the quick advancement of innovation and how it has brought us better approaches of imparting information. One structure that has become famous in recent times has been interpersonal interaction sites. Innovation and social networking sites use among youthful grown-ups has expanded drastically amid ongoing years. A greater part of concentrates that take a gander at how youthful grown-ups utilize SNS have discovered that people's essential utilization of SNS has been to look after connections. A few investigations have likewise discovered that youthful grown-ups are investing more energy in SNSs. If youthful grown-ups might invest more energy in SNS, at that point we foresee that up close and personal connections are seen decaying. This exploration inspects the connection between time spent on SNS and the nature of sentimental personal communications. Results propose that time spent on interpersonal interaction locales does not influence closeness in eye to eye connections. This exploration can enable guides to comprehend the impact that SNS may convey to imply connections.

According to Shaw & Gant's (2004) investigation, due to the increasing number of people with access to the Internet, their study has been carried out to explore the Internet's effect on a web user's mental well-being. In order to examine the hypothesis that the Internet can potentially benefit a web user. This research was done as a rebuttal to a study by Kraut in 1998 which said that isolation, stress; negative public opinion is all positively related to the use of Internet. After a test, the use of the internet was found to lower levels of depression and isolation while self-esteem and social support levels seemed more apparent. Similarly, Choi & Toma (2014) analyzed that an individual chooses communication mediums to fulfil their emotional requirements depending on the importance of the event they may have experienced. Sharing important emotional events is a part of everyday life and is now popularly done through social media. Also, sharing these events helps an individual's emotional health as well. In conclusion, social media and its advancements in technology have a significant effect on an individual's everyday life, as a medium for voicing their feelings and re-establishing existing feelings.

Family O'Keefe & Clarke-Pearson (2011) explored that using social media web sites is among the most common activity of today's children and adolescents. Any website that permits social collaboration is viewed as an online life webpage, including long range informal communication locales, for example, Facebook, MySpace, and Twitter; gaming destinations and virtual universes. Such destinations offer the present youth amusement and correspondence and have developed exponentially as of late. Therefore, it is essential that guardians turned out to be mindful of online life destinations, nevertheless not every one of them are solid conditions for kids/young people. Pediatricians are in a one of a kind position to enable families to comprehend these locales and to support sound use and urge guardians to screen for potential issues with cyberbullying, "Facebook misery," sexting, and presentation to improper substance. Moreover Jenkins-Guarnieri et al (2012), examined that with the evolvement of adult population, there is a dominant increase in the use of online social media forums, such as Facebook, and its connection with interpersonal relationships are a topic of interest for researchers. The present investigation needed to find how connection style, identity attributes and confidence

were identified with the relational ability of Facebook use. Data was collected through 463 college adults which suggested that (a) extraversion was positively related to Facebook use, (b) attachment style, extraversion, agreeableness, and openness were positively related to two characteristics of interpersonal competency, and (c) Facebook use was negatively related to competence with starting interpersonal relationships. Practical implications and future directions were furthermore discussed.

Advancing on that Watt (2016) investigated relationships of social media on correspondence inside the family. A snowball test studied 158 grown-ups who utilize web-based life stages, Facebook, Instagram or Twitter on their view of day by day correspondence in the family and web-based life use. Results showed that age was essentially identified with internet-based life on family correspondence. Age was adversely associated with the announcement: "generally speaking, I feel that online life/organizing has negative impact on associations with individuals from your family. You are diverted by internet-based life locales while collaborating with family unit individuals. The measure of time other members at home spend via web-based networking media locales annoys me and generally, I feel that web-based life/organizing negatively affects associations with individuals from your family unit" was emphatically connected with "informal communication impacts the correspondence between individuals from my family. No huge connections were found between sexual orientation, ethnicity, instructive achievement or work status and web based life use in family connections or among age and "internet based life is more compensating than talking specifically with relatives", "individuals from my family experience different individuals as discourteous or maintaining a strategic distance from contact when they are centered around web based life and not live discussions" or "how regularly do you utilize online life before family?". The discoveries of this investigation propose that more youthful grown-ups, contrasted with more seasoned grown-ups, see web-based social networking as having for the most part a positive, yet nuanced, impact on their family and family communication.

RESEARCH METHODOLOGY

Geographical Distribution of the Sample:
Mainly respondents residing in different areas of Karachi, Pakistan. The areas for the sample were Defence, I.I Chundrigar, PECHS Block 6 and Gulshan-e-Iqbal etc.

Demographic Distribution of the Sample:
Respondents aged 18 and above with no preference given over gender.

Population, Sample and Sampling technique:
We have used a section of the population to generalize the response. The sample size we used was a 100 respondents and the sampling technique used was convenience sampling.

Research Design:
Our research used questionnaires and is a descriptive method of research.

Description of Instruments:
Questionnaires using likert scale.

Procedure of the Study and Data Collection:

We collected the data through questionnaires, fed the data to carry out SPSS analysis to find out the results.

FINDINGS AND DISCUSSION

There were a total of 110 responses, including 21 guests and seven subscribers. Of the sample, 68% were female, and 32% were male. Around two-thirds of respondents were 16 and 17 years old, and about 72% of respondents were that demographic. There are 14, 15, 18, and 19-year-olds among the remaining 28% of the population. It indicates that about 85% of respondents were from grades 11 and 12. The respondents were requested to list their whole grade spectrum while in college. Sixty-one percent of respondents were in the 90-100% category, 20% were in the 80-90% range, and 9% were in the 70-80% range, leaving 70% and below 10% of respondents in the lower-range range. When it comes to figuring out which places students primarily use, 41% used Facebook, and 32% used Google. In light of 40% of respondents opting for it least, Snapchat was the least used of the checked pages. About a third of the other outlets, Instagram was the most commonly used. The ranking on the Likert Scale seen in the survey for Twitter and YouTube is 3 out of 5. Additionally, they were asked to make a note of whether or not they utilize social networking as a source of learning, and if so, how they use social media to perform analysis. In order to perform analysis, almost all of the respondents utilize the Internet. Other students reported that when doing their math assignments, they use social networking sites such as Google to look for equations. The rest of them, however, utilize social media in a positive way, helping them do well in school. It was also a prerequisite that the researchers acknowledged the amount of time they spend on social networking and analysis on a daily basis; the results were quite surprising. 50% of respondents invest between 1 and 3 hours a day studying, and 33% of respondents spend the same amount of time daily on social media. The inference from this survey is that respondents usually don't investigate more often than they browse social media, and scores are quite good for the majority of students.

Chi-Square analysis was undertaken to find out whether the differences between the total grade average, the amount of social network use, and daily study are important. As 5% to 5% of the significant sum is the norm, we assume that our Null Hypothesis for the first analysis would be the level of social network use has an impact on overall graduation rates for kids in class.

Table 1: Social Network Site Freq. Usage and The Number Overall Grade Average Of The Students

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	1317.463[a]	24	.000
Likelihood Ratio	735.781	24	.000
N of Valid Cases	1109		

a. 26 cells (74.3%) have an expected count less than 5. The minimum expected count is .01.

Table 1 displays the Chi-Square analysis in which a look at the note written below the table reveals that 74.3% of respondents have an estimated count less than 5, and this figure does not exceed 20%. In this scenario, the 'Likelihood Ratio' will be determined, which has a relevant value of 0.000, which is smaller than 0.05, which results in the null hypothesis being dismissed.

Table 2: Social network use level and the number of hours researched each day

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	1313.947[a]	16	.000
Likelihood Ratio	740.285	16	.000
N of Valid Cases	1109		

a. 16 cells (64.0%) have an expected count less than 5. The minimum expected count is .06.

A recent Chi-square comparison is performed in Table 2 between the amount of time per day that one spends researching social media and how often it is used. In this example, the null hypothesis is that "social network usage influences the amount of our students' daily studies", and it is seen in the Chi-Square analysis that there is a deviation from what is predicted, and the significant level is 0.000, which indicates that the null hypothesis cannot be supported. Using social media among students has little effect on the amount of time that they dedicate to their studies everyday. Although Sanzhar Naizabikov, above, has argued that social networking leads to procrastination, it obviously contradicts his claim, as described above, because of its distracting nature (Naizabikov, 2017). There is no connection between social media usage and academic achievement in this case. The truth remains, however, that this study, in some way, parallels Napoleon Egegdbe's theory that social networking has a slight positive or negative influence on students' academic success (Egegdbe, 2018).

CONCLUSION

In view of this article, it is fair to say that students from Karachi, Pakistan are involved on social networking sites, such as Facebook and Google, as stated. Emerging surveys found that the youth invest a huge percentage of their time on social media, June Ahn said. From an overview of Ahn's (2018b, p. 1435) results, it can be inferred that students will have the same grade level average, as was stated in the discussion, when students spend under one hour on social media per day or more than six hours, or when social media time totals between one and three hours a day. About 61% of respondents recorded receiving the highest ratings, which vary from 90% to 100% and differ across the four social network time scales per day.

Through this, it can be confidently claimed that there is no negative impact on the academic performance of school students by the usage of social networking, and this can be supported by the Chi-Square study, which culminated in no significant correlation or disparity between the amount of time spent studying daily and the grade average level of social network use. The thesis' aim was to uncover the aspects in which social networking impacts the academic achievement of students, as well as why and how this effect is achieved. It is obvious that social networking has little impact on school students' academic achievement because, although they spend hours on the Internet, they still have time to study and gain good grades.

LIMITATIONS

The first problem with this study is the absence of respondents who can reliably determine the impact that social networking has on Pakistani youth. We should not generalize anything about Pakistan dependent on the samples we used. Another downside to this study was that there was no research done on the younger generation's academic performance as a consequence of their participation in social networking. Finding a valid reference point was difficult since much of the study regarding the position of social networking has been performed on college students' academic performance or the health issues that social networking causes, and this was not done in Pakistan. The third issue with this review was that we were only provided a brief amount of time to complete the study. Owing to this, the generalization that social network use adversely impacts school students' academic performance cannot be a completely right.

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