

A STUDY ON SOCIAL NETWORKING SITES (SNSs) AND ADJUSTMENT OF UNDERGRADUATES**Suraj Sharma****Research Scholar, SRT Campus, HNB Garhwal University****Abstract**

Internet has given us various tools to communicate. One of them is Social Networking Site (SNS). There are numerous Social Networking Sites (SNSs) over internet and their vigorous users are mostly the young boys and girls. And thus they are the hot subject of research in the context of Social Networking Sites. Studies have shown that their excessive use might have been affecting the young girls and boys. This research is basically trying to find difference in the adjustment of the high users of SNSs and Low users of SNSs. Further this research is trying to find a correlation between adjustment and use of SNSs. Results revealed that there might be difference in the adjustment of the two groups. However there seems no correlation between the adjustment and the use of SNSs.

Keyword: Adjustment, Social Networking Sites, Internet, Teenagers, Undergraduates.

Subject- Social Sciences (Education)

INTRODUCTION

Internet has revolutionized the way we remain in touch with each other. Perhaps the most striking aspect of the internet is the Social Networking Sites (SNSs) and there are numerous of them on the web. There are around 250+ active SNSs all over the world (Wikipedia 2015) excluding the dating sites. Facebook is one of the most popular Social Networking Site. According to latest data one can say that every seventh person on this planet is member of Facebook (statista.com). This fact itself point out the huge penetration of the SNSs in our life. Social Networking Websites or Social Networking Sites (SNSs) are part of everyday social activity for millions around the globe (Boyd and Ellison, 2007), with humble beginning with sixdegrees.com to Friendster, to MySpace, Facebook, Twitter and everything in between social networking websites have become a global phenomenon (Rachel A Sauerbier). According to Boyd and Ellison (2008), there are three criteria that must be fulfilled before a website can be categorized under Social Networking Sites. A web site allows user to Construct a public/semi public profile within a bounded system, Articulate a list of other users with whom they share a connection, view and traverse their list of connections and those made by others within the system. These guidelines may seems to restrict what can be considered an Social Networking Site (SNS), as there are still literally hundreds of vastly diverse website that are functioning as such (Rachel A. Sauerbier).

Social Network Sites provide its users a new platform to socialize and to interact. Being isolated from restrictions of embodiment, time, and space Social Network Sites offers its users decentralized communication networks and opportunity to experience the globalized world at the comfort of remaining incognito.

Worldwide commonly used Social Networking Sites are Facebook, YouTube, Google+, Myspace, WhatsApp, LinkedIn, We-chat, Twitter among many other. However the features and the clientele of each site differ to various extents.

Top five social media platforms used in India as per the data released by the wearesocial.net (An independent global media agency) in July 2014, are Facebook, Google+, Twitter, LinkedIn, Orkut. Orkut, a Google product is now closed.

Studies have shown that the young boys and girls are the ones who are visibly influenced by Social Networking Sites. Researchers have been pointing out that for adults, the likelihood of setting up a profile is highest among 16-24 year olds (54%) and decreases with age (ofcom.org.uk). Generally at this age the adults are going to schools or colleges. And according to Stanley Hall, adolescence is the age of strife and turmoil. The adolescent at this age might be experiencing the "identity crisis". They have to make friends, maintain various relationships, perform in the academics, bear social pressure, think of their future etc. This can be very stressing. All this can affect their adjustment.

Adjustment is one hand a process and on another it is a state. Adjustment is concerned with the individual's ability to cope effectively with his environment. It is the psychological adaptation which emphasizes the individual's struggle to get along with social and physical environment. Basically adjustment is the matter of problem solving which entails intellectual process such as perception, learning, memory, thinking, forgetting etc. and effectively utilizing environmental resources and opportunities (Srivastava, P. k. 1983).

Adjustment in college involves a variety of demands differing in kind and degree and requiring lot of coping responses or adjustments. It's not only academics with which the students are concerned; they are equally affected by the social and emotional changes.

This paper is mainly focussed on the influence and the relationship between the adjustment of college undergraduates and their use of the Social Networking Sites.

REVIEW OF THE RELATED LITERATURE

Following are some of the studies that have been reviewed by the researcher for the present investigation.

Caplan, S. E. (2007) studied relations among loneliness, social anxiety and problematic internet use. The study examined the extent to which social explains results, previously attributed to loneliness as predictor of preference for online social networking and internet use. The result supports the hypothesis that relationship between loneliness and preference for online social interaction is spurious, and that social anxiety is the confounding variable.

Abdullah, Elias, Mahyuddin & Uli (2009) in their study they found Students academic achievement throughout a period of one semester to be significantly predicted by college overall adjustment, academic adjustment, and personal-emotional adjustment.

Pempek, T. A., Yermolayeva, Y. A., & Calvert, S. L. (2009) studied college students' social networking experience on Facebook. Study reveals that Facebook was used most often for social interaction and students spent 30 minutes on Facebook throughout the day as part of daily routine. Among other things implications for young adults of social networking site use for the development of identity and peer relationship are discussed in this study.

Bonetti, L., Campbell, M. A., Gilmore, L. (2010) studied the relationship of loneliness and social anxiety in childrens' and adolescents' online communication. Findings revealed that children and adolescents who self-reported being lonely, communicated online significantly more frequently about personal and intimate topics than did those who did not self-report being lonely. Results suggest that internet usage allows them to fulfil critical needs of social interaction, self-disclosure, and identity exploration.

Das, D. B., & Sahoo, J. S. (2011) studied a critical analysis of Social Networking Sites impact on personal and social life. This study tries to explore all negative impacts of SNSs and its use. Study shown that SNS became a reason for anxiety and addiction, affects personal relationships and make private and public life of an individual a digital document.

Ong, C. S., Chang, S. C., Wang, C. C. (2011) studied comparative loneliness of users versus non-users of online chatting. Study concludes that online chatting can reduce social loneliness through high quality internet relationship but may exacerbate familial loneliness.

Bhola, R. M., & Mahakud, G. C. (2014) did a qualitative analysis of social networking usage. Study indicates that most youngsters begin social networking at 14.6 years; the average time spent on Social Networking is 3.6 hours daily. Facebook is most preferred SNS for the function of Chatting and making friends. Most of the participants carry social networking at night, interact with opposite sex, have interest in electronic gadgets, ignore daily activities, hide their online tasks from others, use SNS secretly and feel frustrated in its absence.

OPERATIONAL DEFINITIONS OF THE TERMS USED

Operational definitions of key terms that will be used in the present study are as under;

Social Networking Sites (SNSs):- Social Networking Sites are those websites which provide platform for interacting with friends or the peoples with common interest in various ways (sharing messages, photos, chatting etc.). Present study will consider all such sites (Facebook, WhatsApp, Hike, LinkedIn etc.) in the ambit of SNSs.

Use of Social Networking Sites (SNSs)- It is the total time spent on the various social networking sites in a single day.

Adjustment- Adjustment in the present study is the adjustment score as measured through the Adjustment Inventory for College Students (AICS).

Undergraduate students- The students enrolled in B.A/B.Com/B.Sc classes.

OBJECTIVES

The following are the objectives of the present investigation:

- Compare the adjustment of the high users and low users of Social Networking Sites (SNSs).
- To study the relationship between the use of Social Networking Sites (SNSs) by the undergraduate students and their adjustment.

HYPOTHESES

The following hypotheses have been formulated for the present investigation:

- There is no significance difference between the adjustment of high users and low users of Social Networking Sites (SNSs).
- There is no significant relationship between adjustment and use of Social Networking Sites (SNSs) by the undergraduate students.

DELIMITATION OF THE STUDY

The present study will be limited to the Government /Aided degree colleges and is limited to the undergraduate students (B.A/B.Sc/B.Com) students.

VARIABLES OF THE STUDY

In this proposed study, use of Social Networking Sites (SNSs) and adjustment are the variable.

METHODOLOGY

Based on the objectives and nature of the study the researcher is going to use descriptive survey method for the present study.

SAMPLE AND SAMPLING PROCEDURE

In this proposed study 310 students sample studying in undergraduate classes were randomly selected from the total population of the undergraduates studying in the Tehri campus of HNB Garhwal University. They were given both the tools and the completely and correctly filled tools gave a final sample of 250 students including boys and girls.

DATA COLLECTION PROCEDURE

Researcher visited the colleges and with the permission of the concerned authorities visited the respective classes to distribute the tools and then went on to collect the filled tools on next day. Some tools has been filled in presence of the researcher.

TOOL

1. Social Networking Sites usage Inventory- Researcher after consulting many experts, prepared and then used a self developed inventory/checklist to know the status of use of Social Networking Sites.

2. Adjustment- Adjustment Inventory for College Students (AICS) developed by AKP Sinha and RP Singh is used. It has 102 questions related to five dimensions of adjustments viz. Home, Health, Education, Social, and Emotional.

RESULT ANALYSIS AND INTERPRETATIONS

The data of filled up inventory and the AICS tool were analysed as follow:

First of all total time spent (in minutes) on the SNSs were arranged in ascending order and then first and third quartiles were estimated. They were calculated out to be 60 minutes and 180 minutes respectively. Now the low users were fixed as those using the SNSs up to 60 minutes and High users were those using the SNSs for 180 minutes or more per day. Those falling in between the two time limits of 60 to 180 minutes were discarded for further analysis. Finally the number of the subject reduced as follow:

Total number of low users- 82

Average total adjustment score of the low users- 34.77

Total number of high users-56

Average total adjustment score of the high users-38.83

Testing of hypothesis-1

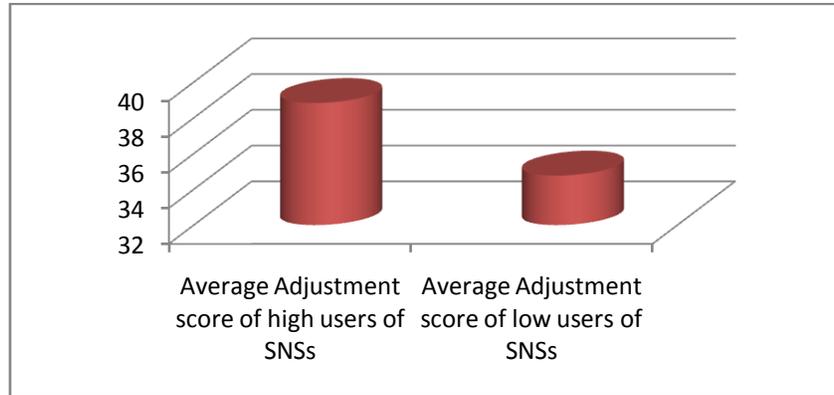
Tow tailed 't' test was applied as follow:

Table 1: 't' test for means of the adjustment score of the two groups

SNSs users	N	Mean of adjustment scores	SD	't' value	significance at 0.05 and 0.01 level
Low users of SNSs	82	34.77	11.20	2.0903	Significant at 0.05 but not significant at 0.01 level.
High users of SNSs	56	38.83	11.21		

Interpretation- Thus the difference is statistically significant at 0.05 level of significance but was not significant at 0.01 level of significance.

Graph: Average adjustment of the two groups



Testing of hypothesis- 2

For testing this hypothesis researcher calculated the correlation coefficient 'r' by Pearson product moment method between the adjustment scores and the time spent on SNSs per day.

Value of 'r' as calculated for the low users= 0.14 (rounded off to two digits)

This value was *not found to be significant* at both 0.05 and 0.01 level of significance.

Value of 'r' as calculated for the high users= 0.13 (rounded off to two digits)

This value also *not found to be significant* at both 0.05 and 0.01 level of significance.

CONCLUSIONS AND DISCUSSION

For the very first hypothesis researcher found that the difference in the mean of the adjustment scores was significant at 0.05 level. But it was not significant at 0.01 level. This calls for further researches to validate the findings. Perhaps the sample size could have been greater to get the precise results.

The linear correlation between the two variables i.e. adjustment and time spent on SNSs was negligibly small but positive for both the groups indicating there might be some relationship between them. However, further analysis revealed that the correlation was not significant at both level of significance. So we can assume that the adjustment of the undergraduates was not related to the use of SNSs.

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