



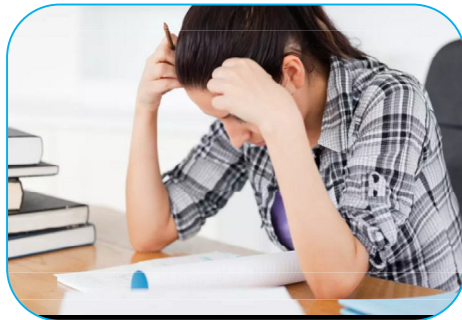
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**IMPACT OF SOCIAL MEDIA USAGE ON ANXIETY, STRESS AND ACADEMIC ACHIEVEMENT OF STUDENT TEACHERS**

**Momin Sumaiya<sup>1</sup> and Prof. Siddiqui Mohd. Mahmood<sup>2</sup>**

<sup>1</sup>Senior Research fellow, Dept. of Education and Training, Maulana Azad National Urdu University, Hyderabad (T.S.)

<sup>2</sup>Professor, Dept. of Education and Training, Maulana Azad National Urdu University, Hyderabad (T.S.)



**ABSTRACT:**

*This study was conducted to find out the Impact of Social Media usage on Anxiety, Stress and Academic Achievement of B.Ed. students. A sample of 120 B.Ed. students available in the Department of Education and Training, Maulana Azad National Urdu University (Hyderabad) were selected. Self-constructed tools were used to collect data. Percentage, Mean, SD, t-test and Correlation were used as statistical techniques to analyse the data. The study reveals that about 67% of students use Social Media at an average level, in which overall usage among male students is higher*

*than female students. Approximate half of the total students are having low level of Anxiety and Stress. Further, positive and significant correlation is found between Social Media usage and level of Anxiety and Stress among B.Ed. students.*

**KEYWORDS:** Social Media, Anxiety, Stress, Academic Achievement, Student Teachers.

**INTRODUCTION :**

**Social Media** is a web-based technological platform which provides a connection to its users with the other users. Social Media sites provide an opportunity to their users to generate, maintain and enhance their social connectivity. Not only these but they share and exchange their ideas and information. They express their thoughts and emotions also.

Social media is defined as “a group of Internet-based applications that build on the ideological and technological foundations of Web 2.0, and that allow the creation and

exchange of user-generated content” (Kaplan and Haenlein, 2010).

On the other hand, excess use of Social Media can cause various mental and psychological health problems. Anxiety and Stress are common mental illness among young people of India. **Anxiety** is a mental disorder characterised by feeling of worry or fear which are strong enough to interfere with one’s daily activities. Anxiety is affecting 25% of the population of India and is possibly the first stage to the serious-to-handle depression if not addressed. Dr. B.N. Gangadhar from NIMHANS (National Institute of Mental Health and Neuroscience) in Bangalore said “it can be said that Anxiety disorder is the first step towards depression”.

**Stress** level is increasing high

among Indians as compared to the other countries. According to an article published in The Economics Times, 89% of the population in India are suffering from stress compared to the global average of 86%.

In psychology, Stress is a feeling of strain and pressure. Stress can increase the risk of strokes, heart attacks, ulcers, and mental illnesses such as depression.

The present study was conducted on Student Teachers’ to know how Social Media usage is affecting on their Anxiety

and Stress Level as well as their Academic Achievement as their health and fitness is very much important because they are the real nation builders.

### PREVIOUS STUDIES:

**Brain A. Primack et. al. (2017)** concluded that increased use of multiple social media platforms ultimately turned out to have stronger associations with depression and anxiety symptoms. **Baldur Abraham Olafarson (2018)** concluded that time spent on social media has a direct increasing effect on anxiety. **Elizabeth M. Seabrook et.al. (2016)** found that low usage of social networking sites was related to low level of depression and anxiety and vice a versa. They concluded that social networking site use correlates with mental illness and well-being. **Dr. Murat Tezar et. al. (2017)** conducted that prospective teachers with social media accounts were achieved better grades when compared with the prospective teachers who did not have any social media account.

### OBJECTIVES:

- To find out the level of Social Media usage among B.Ed. students.
- To find out the level of Anxiety among B. Ed. students.
- To find out the level of Stress among B. Ed. students.
- To find out the difference between mean scores of Social Media usage of B.Ed. students
  - On the basis of Gender
  - On the basis of Locality
- To find out the difference between mean scores of Anxiety level of B.Ed. students
  - On the basis of Gender
  - On the basis of Locality
- To find out the difference between mean scores of Stress level of B.Ed. students
  - On the basis of Gender
  - On the basis of Locality
- To find out whether there is any correlation between Social Media usage and Anxiety level of B. Ed. students.
- To find out whether there is any correlation between Social Media usage and Stress level of B. Ed. students.
- To find out whether there is any correlation between Social Media usage and Academic Achievement of B. Ed. students.

### HYPOTHESES:

1. There is no significant difference between the mean scores of Social Media usage of Male and Female B. Ed. students.
2. There is no significant difference between the mean scores of Social Media usage of B. Ed. students from Urban and Rural locality.
3. There is no significant difference between the mean scores of Anxiety level of Male and Female B. Ed. students.
4. There is no significant difference between the mean scores of Anxiety level of B. Ed. students from Urban and Rural locality.
5. There is no significant difference between the mean scores of Stress level of Male and Female B. Ed. students.
6. There is no significant difference between the mean scores of Stress level of B. Ed. students from Urban and Rural locality.
7. There is no significant correlation between Social Media usage and Anxiety level of B. Ed. students.
8. There is no significant correlation between Social Media usage and Stress level of B. Ed. students.
9. There is no significant correlation between Social Media usage and Academic Achievement of B. Ed. students.

**Variables:****Independent Variable:**

Social Media

**Dependent Variables:**

Anxiety, Stress, Academic Achievement

**Demographic Variable:**

B.Ed. Students (Male and Female)

**Methodology:**

In order to achieve the above cited objectives, Simple Survey method was used for collection of the data. It is Descriptive and Correlational study.

**Sample:**

120 B.Ed. students (56 from 1<sup>st</sup> year and 64 from 2<sup>nd</sup> year) available in the Department of Education and Training, Maulana Azad National Urdu University, Hyderabad were selected.

**Tools:**

For this study, self-constructed tool was used. The tool has 3 parts.

Part-A : Social Media Usage, consists of 20 items.

Part-B: Anxiety Scale, consists of 10 items.

Part-C: Stress Scale, consists of 10 items.

**Data Collection Procedure:**

The investigators approached the B.Ed. students and requested them to fill up the response sheets. The investigators ensure the confidentiality of the data and then explained how to fill the response sheet. After collecting data, they were scored and tabulated systematically for analysis.

**Statistical Techniques:**

Percentage, Mean, Standard Deviation, t-Test and Pearson Product Moment Correlation were used for analysis of data. The analysed data are presented in below tables.

**Analysis and Interpretation of Data:****Table-1: Distribution of Data**

Variables	Frequency		Percentage
Gender	Male	67	55.80
	Female	53	44.20
Locality	Urban	52	43.30
	Rural	68	56.70

**Table-2: Level of Social Media Usage**

	Very Low		Low		Average		High		Very High	
	N	%	N	%	N	%	N	%	N	%
Male	0	0	4	3.33	37	30.83	19	15.83	7	5.83
Female	0	0	2	1.67	43	35.83	7	5.83	1	0.83
Total	0	0	6	5	80	66.66	26	21.66	8	6.66

Table-2 shows that 5% of B.Ed. students are having low level, 66.66% of students are having average level, 21.66% of students are having high level and 6.66% of students are having very high level of Social Media usage. Here we can see that approximately 67% students are using Social Media at an average level.

**Table-3: Level of Anxiety**

	Very Low		Low		Average		High		Very High	
	N	%	N	%	N	%	N	%	N	%
<b>Male</b>	31	25.83	31	25.83	5	4.17	0	0	0	0
<b>Female</b>	26	21.67	27	22.50	0	0	0	0	0	0
<b>Total</b>	57	47.50	58	48.33	5	4.17	0	0	0	0

Table-3 displays that 47.50% of B.Ed. are having very low level, 48.33% of students are having low level, rest 4.17% of students are having an average level of Anxiety. Here we can see that almost 96% students are having Anxiety at very low and low level.

**Table-4: Level of Stress**

	Very Low		Low		Average		High		Very High	
	N	%	N	%	N	%	N	%	N	%
<b>Male</b>	21	17.50	40	33.33	6	5	0	0	0	0
<b>Female</b>	15	12.50	31	25.83	7	5.83	0	0	0	0
<b>Total</b>	36	30	71	59.16	13	10.83	0	0	0	0

Table-4 displays that 30% of B.Ed. students are having very low level, 59.16% of students are having low level, remaining 10.83% of students are having an average level of Stress. Here we can say that 30% students are having very low and 59.16% students are having low level of Stress.

**Hypothesis 1: There is no significant difference between the mean scores of Social Media usage of Male and Female B. Ed. students.**

**Table-5: Mean Scores of Social Media Usage of Male and Female Students**

Sr. No.	Gender	N	Mean	SD	df	t-value	Remark
1	Male	67	67.81	13.89	118	2.36	S
2	Female	53	62.72	8.78			

Table-5 shows the mean scores of Social Media Usage of Male and Female students are 67.81 and 62.72 respectively. The calculated t-value is 2.36, which is significant at 0.05 level. Hence, the null hypothesis is rejected. Which means that there is a significant difference between the mean score of Social Media usage of Male and Female B. Ed. students. Thus, it is concluded that both male and female students are not using Social Media equally. According to the mean value, Social Media usage of male students is slightly high than female students.

**Hypothesis 2: There is no significant difference between the mean scores of Social Media usage of B. Ed. students from Urban and Rural locality**

**Table-6: Mean Scores of Social Media usage of Urban & Rural locality Students**

Sr. No.	Locality	N	Mean	SD	df	t-value	Remarks
1	Urban	52	65.54	12.96	118	0.16	NS
2	Rural	68	65.37	11.54			

Table-6 shows the mean scores of Social Media usage of Urban and Rural locality students are 65.54 and 65.37 respectively. The calculated t-value is 0.16, which is not significant at both the level. Hence, the null hypothesis is not rejected. Which means that there is no significant difference between the mean score of Social Media usage of B. Ed. students from Urban and Rural locality. Thus, it is concluded that both urban and rural students are having equal use of Social Media.

**Hypothesis 3: There is no significant difference between the mean scores of Anxiety level of Male and Female B. Ed. students.**

**Table-7: Mean Scores of Anxiety Level of Male and Female Students**

Sr. No.	Gender	N	Mean	SD	df	t-value	Result
1	Male	67	4.01	2.32	118	0.709	NS
2	Female	53	3.75	1.49			

Table-7 reveals the mean scores of Anxiety Level of Male and Female students are 4.01 and 3.75 respectively. The calculated t-value is 0.709, which is not significant at both the level. Hence, the null hypothesis is not rejected. It means that there is no significant difference between the mean score of Anxiety Level of Male and Female B.Ed. students. Thus, it is concluded that both male and female students are having approximately equal Anxiety Level.

**Hypothesis 4: There is no significant difference between the mean scores of Anxiety level of B. Ed. students from Urban and Rural locality.**

**Table-8: Mean Scores of Anxiety Level of Urban & Rural Locality Students**

Sr. No.	Locality	N	Mean	SD	df	t-value	Result
1	Urban	52	4.13	1.88	118	1.129	NS
2	Rural	68	3.72	2.07			

Table-8 reveals the mean scores of Anxiety Level of Urban and Rural locality students are 4.13 and 3.72 respectively. The calculated t-value is 1.129, which is not significant at both the level. Hence, the null hypothesis is not rejected. It means that there is no significant difference between the mean score of Anxiety Level of B. Ed. students from Urban and Rural locality. Thus, it is concluded that both Urban and Rural students are having equal Anxiety Level.

**Hypothesis 5: There is no significant difference between the mean scores of Stress level of Male and Female B. Ed. students.**

**Table-9: Mean Scores of Stress Level of Male and Female Students**

Sr. No.	Gender	N	Mean	SD	df	t-value	Result
1	Male	67	4.63	2.13	118	0.426	NS
2	Female	53	4.79	2.09			

Table-9 shows the mean scores of Stress Level of Male and Female students are 4.63 and 4.79 respectively. The calculated t-value is 0.426, which is not significant at both the level. Hence, the null hypothesis is not rejected. It means that there is no significant difference between the mean scores of Stress level of Male and Female B. Ed. students. Thus, it is concluded that both male and female students are having approximately equal Stress Level.

**Hypothesis 6: There is no significant difference between the mean scores of Stress level of B. Ed. students from Urban and Rural locality.**

**Table-10: Mean Scores of Stress Level of Urban & Rural Locality Students**

Sr. No.	Locality	N	Mean	SD	df	t-value	Result
1	Urban	52	4.52	2.07	118	0.822	NS
2	Rural	68	4.84	2.13			

Table-10 shows the mean scores of Stress Level of Urban and Rural locality students are 4.52 and 4.84 respectively. The calculated t-value is 0.822, which is not significant at both the level. Hence, the null hypothesis is not rejected. It means that there is no significant difference between the mean score of Stress Level of B. Ed. students from Urban and Rural locality. Thus, it is concluded that both Urban and Rural students are having equal Stress Level.

**Hypothesis 7: There is no significant correlation between Social Media usage and Anxiety level of B. Ed. students.**

**Table-11: Correlation between Social Media usage and Anxiety Level**

Variables	N	Mean	SD	df	r	Remark
Social Media	120	66.06	10.83	118	0.295	S
Anxiety Level	120	3.90	1.99			

Table-11 reveals that the coefficient of correlation between Social Media usage and Anxiety Level is found positive, low and significant. Since 'r' value is more than the table value at 0.01 level of significance. Therefore, null hypothesis is rejected, which means that there is significant correlation between Social Media usage and Anxiety level of B. Ed. students.

**Hypothesis 8: There is no significant correlation between Social Media usage and Stress level of B. Ed. students.**

**Table-12: Correlation between Social Media usage and Stress Level**

Variables	N	Mean	SD	df	r	Remark
Social Media	120	66.06	10.83	118	0.309	S
Stress Level	120	4.70	2.11			

Table-12 reveals that the coefficient of correlation between Social Media usage and Stress Level is found positive, low and significant. Since 'r' value is more than the table value 0.01 level of significance. Therefore, null hypothesis is rejected, which means that there is significant correlation between Social Media usage and Stress level of B. Ed. students.

**Hypothesis 9: There is no significant correlation between Social Media usage and Academic Achievement of B. Ed. students.**

**Table-13: Correlation between Social Media usage and Academic Achievement**

Variables	N	Mean	SD	df	r	Remark
Social Media	120	66.06	10.83	118	-0.15	NS
Academic Achievement	120	84.24	3.25			

Table-13 reveals that the coefficient of correlation between Social Media usage and Academic Achievement is found negative, low and not significant. Since 'r' value is less than the table value at both the level of significance. Therefore, null hypothesis is not rejected, which means that there is no significant correlation between Social Media usage and Academic Achievement of B. Ed. students.



**FINDINGS AND CONCLUSIONS:**

1. The study reveals that approximately 67% of the students are using Social Media at an average level and almost 22% at high level. This may be because they all are minimum graduate passed students and are using mobile phones since long time. The other cause maybe they spent much time on mobile phones or Social Media for their academic works and study purposes.
2. This study shows that approximate half of the students are having either low or very low level of Anxiety as well as Stress. The reason behind this finding is that they are mature to control their emotions or sometimes they use Social Media for entertainment purpose also
3. Further the study reveals that Social Media usage among gender is significantly differ. Male students are showing high use of Social Media. This may be because male get quite free environment and more exposure to the world but no significant difference is found among urban and rural locality students.
4. The investigators found positive, low but significant correlation between Social Media Usage and level of Anxiety and level of Stress.
5. Further, they found negative, weak and not significant correlation between Social Media Usage and Academic Achievement of the students. This may be due to the student's sense of responsibility towards their studies i.e. they seem to be matured enough to manage their time properly for studies and use of Social Media.

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**Momin Sumaiya**

**Senior Research fellow, Dept. of Education and Training, Maulana Azad National Urdu University, Hyderabad (T.S.)**