



ISSN: 2249-894X  
IMPACT FACTOR : 5.7631 (UIF)  
UGC APPROVED JOURNAL NO. 48514  
VOLUME - 8 | ISSUE - 8 | MAY - 2019



## A PILOT STUDY FOR SOCIAL MEDIA DISORDER SCALE

Arati Mukhia<sup>1</sup> and Dr. Saileela, K.<sup>2</sup>

<sup>1</sup>Ph.D. Research Scholar, Department of Education, Annamalai University, Annamalai Nagar, Chidambaram, Tamil Nadu.

<sup>2</sup>Assistant Professor, Department of Education, Annamalai University, Annamalai Nagar, Chidambaram, Tamil Nadu.

### ABSTRACT:

This pilot study was conducted with a sample of 100 adolescents studying in higher secondary schools. In this study, normative survey was employed and the samples were selected by using simple random technique from three different sub-divisions of Darjeeling District. Two of them were urban schools and two of them were schools from rural areas.

This study examined Social Media Disorder of the adolescents studying in higher secondary schools. The Social Media Disorder Scale was constructed by the Investigator and used. A Cronbach's alpha analysis was used to determine the reliability of the Social Media Disorder scale. This pilot study also revealed that Social Media Disorder of adolescents studying in higher secondary students is high among the selected schools in Darjeeling District. Also, in this study there was no significant difference among boys and girls in the Social Media Disorder.

**KEYWORDS:** Social Media Disorder, Adolescents.

### INTRODUCTION:

Amongst many internet-based tools Social Media is one of the most popular one. It is an effective medium for netizens to connect and socialize online with friends and families. There are various web-based platforms that enable individuals to create profiles, play games, and interact with friends and family, chat and share photos and information through instant messaging. Some of the Social media sites are Facebook, snapchat, Instagram, Messenger, Tumblr and Twitter etc. Social

networking sites (SNSs) have increased substantially in popularity in our society where the majority of users are adolescents. According to social media statistics there would be around 3.20 billion social media users by the end of 2019 worldwide. In 2017, only 10% of the Indian populace was on social media whilst today 34.8% of the population is using internet, out of which 19.6% are active on social media. A quantum leap in the SNS user base is observed every year. A major chunk of this growth in social media use is due to its indiscriminate use by the youths of today. As a result of this growth in usage, it has become imperative to focus on

the potential adverse effects of excessive use that can be problematic or even addictive. According to Kuss and Griffiths (2011) findings of their studies indicate that compared to the general population, teenagers and students make most use of SNSs by utilizing the inherent Web 2.0 features. They further add that since adolescence is a vulnerable period to susceptibility to various social influences such as, cognitive, emotional, and physical. Thus, it is important to examine the effects social network sites may have on adolescents. If limited use with proper discretion is done, adolescents could derive benefits from its use

but indiscriminate and unlimited use would eventually lead to addiction. Apparently an individual would reach a state of psychological disorder which would be manifested by (i) being concerned about SNSs almost all the time, (ii) strongly motivated and driven to use SNSs, and (iii) devote such amount of time to SNSs that it impairs psychological health, well-being, and other social activities (Andreassen, 2015).

### REVIEW OF RELATED STUDIES

Eylem and Jale Balaban (2014) carried out the study to examine the role of Internet addiction and social media membership on Psychological Capital (PsyCap). PsyCap is defined as one of the inner resources of life satisfaction and happiness. The study also investigated the interaction between social media membership and Internet addiction. The study concluded that as Internet and social media using time increased, the Internet addiction had also increased. Internet addiction scores were found to be higher for students having Twitter, YouTube, Pinterest, and LinkedIn accounts. Students who had Internet connection through cell phones were reported to have higher academic success and attended blogs have higher PsyCap scores. Titto Varghese et.al concluded that the female religiosity likely to reduce internet addiction in them by large.

Titto Varghese et al. (2013) conducted a study to analyse the media habits (Traditional Media too included) of teenagers with regard to the time they spend in social networking, medium of Internet access and the place they choose to use internet and motivation behind the use of media. With the total number of 556 students (292 Boys and 264 girls) from class 8<sup>th</sup> to 12<sup>th</sup> from the Government and Private schools of Trivandrum, the capital of Kerala, India. The survey revealed that the number of households with Internet connectivity is more in the city and unlike boys, girls preferred to use laptops to access Internet and social networking over mobile phones. Girls are seen spending more time in Internet as compared to their counterpart but the difference is insignificant. Usages of Internet both by girls and boys are found to be very negligible for educational purposes. The study also found out that most of the students use Internet from home generally using desktop and laptops, some especially boys preferred mobile to access Internet.

Regina et al. (2016) carried out phase-wise three online surveys in November 2014 with 2198 Dutch adolescents between the age of 10-17 years in order to test reliability and validity of a short and easy Social Media Disorder (SMD) Scale. The survey included 27-item SMD scale and also validity measures i.e. Compulsive Internet Use, Self-declared Social Media Addiction, Self Esteem, Depression, Attention deficit, Impulsivity and the use of several social media applications. The survey included 27-item SMD scale and also validity measures i.e. Compulsive Internet Use, Self-declared Social Media Addiction, Self Esteem, Depression, Attention deficit, Impulsivity and the use of several social media applications. The study also found a strong relation between depression and attention deficit. Addictive use of social media through mobile phones (e.g. Facebook, WhatsApp) found to be distracting adolescents from their daily activities and responsibilities. Most of the 9 items of short SMD was found to be sensitive and specific.

Monica Munjial Singh et al. observed that over utilization of social media is growing among the youth, between the ages of 16-25 years. The youth belonging to the age group of 16-20 years constitute high percentage (55%) in the selected sample of youth. Majority of the selected youth are using social media for the purpose of site surfing, chatting, entertainment etc. Majority of the selected youth are spending varying amount of time from less than one hour to more than 5 hours every day on social media. Numerous youths are spending so much time (1/3 duration of a day) on social media, that it interferes with their daily routine activities. Several youths have expressed their positive opinions regarding utilization of social media. They are in the opinion that, they cannot imagine their life without social media, even though they are facing several bad or negative effects of over utilization of social media.

### NEED FOR THE STUDY

There are 778 primary schools, 3 Junior high schools (till Class 8), 51 high schools (till Class 10) and 80 higher secondary schools (up to class 12) in the GTA region of Darjeeling District of West Bengal. Among these a significant number of higher secondary schools are located in the urban and semi-urban areas while others are located in rural areas. In recent years, with technological boom and global internet connectivity, the rural, semi-urban and urban areas of the Darjeeling Hills have also benefitted to a large extent in terms of business and administration. Though the uses of internet and social networking sites have become widespread, little or no research has been conducted on the usage and impact of these sites on the adolescent population of Darjeeling. The health of the education sector vis-a-vis the easy access to internet and Social networking sites, to be specific, to students at all levels have not been officially studied and recorded so far. Many incidences like depression, anxiety, anti social activities, suicidal tendency, loneliness etc amongst the adolescents, being caused by social media disorder, however, have been reported many a times in this quiet hilly regions. Therefore, there is an urgent need to study to what extent social media addiction is prevalent among the adolescent populace of the Darjeeling Hills and whether their use have become problematic or addictive. Since a priori studies on such topic are not available hence this study would be the first of its kind for this region.

### OBJECTIVES OF THE STUDY

- To construct and standardize a Social Media Disorder Scale
- To find out the level of social media disorder of adolescents studying in the higher secondary school.
- To find out if there is any significant difference in the level of social media disorder of the adolescents studying in the higher secondary school with respect to gender.

### METHOD AND PROCEDURE

The pilot study was under taken at some of the schools from the Darjeeling hills. 100 students (49 Girls and 51 Boys), currently studying in class XII, were taken as samples for the pilot study. Altogether four schools were randomly selected from three different sub-divisions of Darjeeling District. Two of them were urban schools and two of them were schools from rural areas. The name of the schools from urban areas was St.Micheal Higher Secondary School (Girls 27) and Turnbull Boys Higher Secondary School (Boys 30). The rural schools were Mirik Higher Secondary School (25 Boys) and Pankhabari Higher Secondary School (22 Girls). For the purpose of data collection, Social Media Disorder Scale was constructed by the Investigator. The Scale was constructed with the scores; Strongly Disagree is (1), Disagree (2), Neutral (3), Agree (4), and Strongly Agree (5). Reliability Analysis, Descriptive statistics and Differential Analysis were the statistical techniques employed for the study.

### DELIMITATION OF THE STUDY

- The present study will be limited to the adolescents studying in the higher secondary school only.
- The study will be confined to various government aided schools in the hilly regions of Darjeeling district.

## DATA ANALYSIS

Table-1

Item-Total Statistics					
	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Squared Multiple Correlation	Cronbach's Alpha if Item Deleted
1. I feel depressed and lonely when I am not in contact with my online friends regularly	40.97	64.805	.644	.593	.756
2. I always feel helpless and bad when I cannot use social media	41.27	65.907	.692	.691	.755
3. I feel irritated and restless when I try to reduce the time I spend on social media	40.99	69.621	.464	.467	.773
4. I regularly tend to neglect other activities because of social media	41.36	66.542	.520	.692	.767
5. I regularly have arguments because of my social media use	40.83	64.805	.594	.641	.760
6. I tend to neglect my studies when I am on social media	40.57	72.248	.333	.554	.783
7. I do not use social media beyond allotted time for it	41.14	76.824	.116	.275	.796
8. I usually end up using social media for longer period than I expected to	40.31	70.001	.385	.399	.779
9. I always look forward for the moment to be able to connect	40.30	72.056	.409	.548	.778
10. I get preoccupied with Facebook and WhatsApp if I can't connect for a while	40.86	65.911	.695	.669	.755
11. When not on social media, I keep wondering what new posts have been updated	40.48	67.417	.449	.455	.774
12. I look for new friends online on social media when I feel isolated and depressed	41.37	74.273	.219	.361	.791
13. I often use social media to escape from negative feelings	40.69	77.069	.038	.417	.807
14. I do not use social media when I am unhappy and depressed	40.80	73.522	.191	.208	.796
15. I often indulge and feel comfortable in my fake identity on social media	42.06	73.434	.246	.233	.789

The results of the Item-Total Correlation Statistics are to be checked to have internally consistent items. The third column is the correlation between the respective item and the total sum score (without the respective item) and the last column is the internal consistency of the scale (Coefficient  $\alpha$ ), that refers to the reliability of the scale. As is apparent from Table-1, compared to other items of the scale item correlation is lowest at 0.038 of item number 13 while all other items' values are above 0.116. The Cronbach's Alpha value (Reliability) of the scale would be raised to 0.807 if item number 13 is deleted, so at the time of final survey, item number 13 will be removed from the scale.

## Descriptive Analysis

**H<sub>01</sub>** Social Media Disorder of adolescents studying in higher secondary students is high.

**Table-2**

Social Media Disorder	N	Mean	Std. Deviation
Entire Sample	100	43.87	9.09

From Table-2, the mean and SD of the entire sample for the Social Media Disorder scale were calculated and they are given in Table-2. The mean and standard deviation of the total group are 43.87 & 9.09 respectively. A student's maximum score is 75. The mean value is greater than the mid score of 27.5. And hence Social Media Disorder of adolescents studying in higher secondary students is high. Therefore, the null hypothesis is accepted and it is concluded that Social Media Disorder of adolescents studying in higher secondary students is high.

## Differential Analysis

**H<sub>02</sub>**: There is no significant difference between boys and girls in their Social Media Disorder

**Table-3**

Gender	N	Mean	SD	t-value	Level of Significance at 5%
Boys	51	51.43	9.64	0.25	Not Significant
Girls	49	44.00	8.59		

Table-3 shows that the mean score of boys and girls were found 51.43 and 44.00 to be and standard deviation were found to be 9.64 & 8.59. The calculated t-value (0.25) is lesser than the table value (1.96) at 5% level of significance. Therefore, the null hypothesis is accepted and it is concluded that there is no significant difference between higher secondary boys and girls in their Social Media Disorder.

## CONCLUSION

This pilot study was conducted in order to determine whether or not the questionnaire is reliable and valid. As the Cronbach alpha reliability coefficient for the total instrument was 0.80, this evidence strongly supports the reliability of the scale as a whole in this study it was found that Social Media Disorder of adolescents studying in higher secondary students is high. This finding is evident with the finding of Monica Munjial Singh et al. that the youth belonging to the age group of 16 years to 20 years constitute high percentage (55%). Also in this study there was no significant difference between boys and girls in their Social Media Disorder this finding is becoming true, the study of Titto Varghese et al. proves that girls use internet equally as boys and are also prone to Social Media Disorder. Awareness programmes for social media usage should be organized at school level. Training programmes by schools to create awareness about Social Media and encouraging students to not fall prey to the harmful impacts of social media.

## REFERENCES

1. Simsek, Eylem; Sali, Jale Balaban. (2014). The Role of Internet Addiction and Social Media Membership on University Students' Psychological Capital, *Contemporary Educational Technology*, 5(3), 239-256.
2. Titto Varghese, D. Nivedhitha, Pradeep Krishnatray. (2013). Teenagers' Usage of Social Networking Media in a South Indian State. *International Journal of Scientific & Engineering Research*, 4(12).
3. Regina J.J.M. Van Den Eijnden, Jeroen S. Lemmens, Patti M. Valkenburg (2016). The Social Media Disorder Scale, *Computers in Human Behavior*, 61, 478-487.

4. Monica Munjial Singh, Mohammad Amiri & Sherry Sabbarwal. (2017). Social Media Usage: Positive and Negative Effects on the Life Style of Indian Youth Iranian Journal of Social Sciences and Humanities Research, ISSN 2382-9753.
5. Andreassen, C. S. (2015). Online social network site addiction: A comprehensive review. Current Addiction Reports, 2(2), 175-184.
6. Kuss, D. J., & Griffiths, M. D. (2011). Online social networking and addiction: A review of the psychological literature. International Journal of Environmental Research and Public Health, 8(9), 3528–3552.