

Psychological wellbeing amongst college students in context of Social Networking sites; A Comparative Study

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ABSTRACT

The present research was planned to study the level of psychological wellbeing among the college students. Also, it was an attempt to find out the difference between students with high and low use of social networking sites on the psychological wellbeing scale. For this, 300 students from different colleges of urban Patna were selected as the sample. Among them, students were high user of social networking sites and 150 students were low user of social networking sites. Psychological Wellbeing Scale by Dr. Anjum Ahmad was used in this study. Statistical techniques such as Mean, SD and t-test were used for data analysis. Results revealed that the students were having average level of psychological wellbeing. On the other side, college students with high use of social networking sites have low level of psychological wellbeing in comparison with college students with low use of social networking sites. Also, use of social networking sites has negative correlation with psychological wellbeing among the college students.

Keywords- Psychological wellbeing; Social Networking sites; college students

Introduction:

Psychological wellbeing can be explained as the feeling of happiness, life satisfaction and of work role, achievement motivation, love, peace, belongingness and no distress, dissatisfaction or worry, etc. The subjective well-being shows some extent of correlation with quality of life, general satisfaction level, sense of accomplishment etc. and negatively connected with mental disorder, and different such variables. According to **Ryff (1989)** the construct of psychological or emotional Well-being was originally taken as a challenge in overcoming the hedonic construct of Well-being in psychological science and with the aspiration of making life happy and satisfied.

Well being includes the domain of cognitive functioning, behavioural functioning, physical health and mental health. These domains comprise of positive thought processes, social engagement with one's community and positive health behaviour. Stressful situations can put persons at risk for developing later

mood and anxiety disorders (Gladstone, Parker, and Mitchell, 2004), although exposure to severely traumatic events can actually assist PWB by fostering resilience. Children that have experienced mild stresses, for instance, appear to be better equipped to handle further stressors (Khobasa & Maddi, 1999). Working adults have also been shown to have the same inoculating effects of stressful experiences (Soloman, Berger, and Ginsberg, 2007).

Objective of the Research:

This research has been carried out with following broad objectives:

1. To study the frequency of Psychological wellbeing among male and female college students.
2. To find out the effect of social networking sites on Psychological wellbeing amongst College Students.
3. To examine the effect of social media use on the different dimensions of Psychological wellbeing Scale.

4. To illustrate the relation between use of social networking sites and Psychological wellbeing among college students.

Hypothesis: The main hypotheses of the research were as follows:-

1. The college students would have average level of Psychological wellbeing.”
2. “There will be significant influence of social networking sites on the Psychological wellbeing amongst students.”
3. “Students with high and low use of Social networking sites will differ on the different dimensions of Psychological wellbeing scale.”
4. “There will be significant relationship of using social networking sites with Psychological wellbeing.”

Research Methodology:

(A) Sample: The sample of the study was consisted of 300 college students in which 150 students were high user of social networking sites and 150 students were low user of social networking sites.

Purposive sampling technique was selected to determine the sample.

(B) Research Tool: The Psychological wellbeing scale is developed by Dr. Anjum Ahmad. It has 43 items in which 24 items are positive and 19 items are negative items. Positive items are being scored as 5, 4, 3, 2, and 1 while negative items are being scored as 1,2,3,4, and 5. This scale measures eight dimensions of psychological well-being- Autonomy, Environmental Mastery, Personal Growth, Purpose in Life, Positive Interpersonal Relationships, Self Acceptance, Tech Addiction and Health Issues. High score indicates high psychological well-being and low score indicates low psychological well-being.

(C) Research Design- Quantitative research and descriptive Survey design has been used in the present study.

(D) Data Analysis Statistical techniques such as Mean, SD and, t-test were used for data analysis.

Result: The results of the study have been presented in the tabular forms with the help of Table-A, B and C.

Table-A

Mean Scores of subjects with high and low use of social networking sites on the scale of Psychological Well-Being

S.No		Subjects with High use of social networking sites (N= 150)	Subjects with Low Use of social networking sites (N=150)
1	Mean	92.03	126.55
2	SD	7.42	8.65
3	t-ratio	37.54	P<.01

Table-A illustrates the mean scores of subjects with high and low use of social networking sites on the scale of Psychological Well-Being. Here we can see that subjects with high use of social media have a mean of 92.03 while the subjects with low use of social media have a mean score of 126.55. It means that there is average level of psychological wellbeing. This confirms the first hypothesis of the study. There is significant difference found between them as the t-ratio is significant on the .01 level of significance. It shows that the two groups are totally different on the

scale of psychological well-being. This finding fully confirms the second hypothesis of the study that “There will be significant influence of social networking sites on the Psychological Well-being amongst students.”

Social capital theory has previously been used to study how social media usage influences psychological well-being (Bano,2019). In another study by Tangmunkongvorakul (2019), it was found that students with higher levels of smart phone addiction had lower psychological well-being scores.

Similarly, **Swar and Hameed, (2017); Kircaburun, (2020)** have revealed through their studies that addiction of social media usages can decline the level of psychological well-being. This kind of addiction distracts people from interpersonal interactions and

creates problems in their social bonding and relationships. Social media usage has been associated with anxiety, loneliness, depression (**Dhir, 2018; Reer, 2019**) and social isolation (**Van Den Eijnden, 2016; Whaite, 2018**).

Table- B

Mean Scores of subjects with high and low use of social networking sites on the different dimensions of Psychological Well-Being scale

S.no	Dimensions	High User (N=150)		Low User (N=150)		t-ratio	
		Mean	SD	Mean	SD		
1	Autonomy	7.33	2.12	11.65	1.06	30.85	P<.01
2	Environmental Mastery	8.56	2.09	12.87	3.41	14.36	P<.01
3	Personal Growth	10.21	3.23	14.54	4.08	10.8	P<.01
4	Purpose in Life	16.02	1.96	20.34	3.38	14.4	P<.01
5	Positive Interpersonal Relationships	15.17	3.58	19.48	5.59	8.28	P<.01
6	Self Acceptance	6.52	1.68	10.82	4.16	13.06	P<.01
7	Tech Addiction	9.68	3.23	13.97	3.74	11.28	P<.01
8	Health Issues	18.54	4.82	22.86	2.21	10.28	P<.01

Table-B displays the mean Scores of subjects with high and low use of social networking sites on the different dimensions of psychological well-being scale. It can be clear from the table that the students with high and low use of social networking sites have found to be different on the all eight dimensions of the psychological well-being scale- Autonomy, Environmental Mastery, Personal Growth, Purpose in Life, Positive Interpersonal Relationships, Self acceptance, Tech Addiction and health issues. Also, both groups are found significantly different with each other on the eight dimensions. One interesting fact can be observed in the table here that on the all eight dimensions, the students with low use of social media

have secured high mean scores than the students with high use of social media. It proves that social media addiction is closely linked to bad state of psychological well-being. This addiction deteriorates the psychological functioning within the students. The main reason is that the excessive use of social media among the students can have a negative effect on their academic performance. Students develop the tendency to procrastinate their studies in order to indulge on social media. They can develop aggression, frustration and sometimes depression because of these social networking sites. They start to live in a virtual world and avoid social interactions on public places. These findings confirm the third hypothesis of the study.

Table-C

Correlation between Use of social networking sites and Psychological Well-Being among the College Students

Variables	N	r	df	Significance level
Use of social networking sites Psychological Well-Being	300	-0.71	298	P<.01

Table- C shows the correlation between Use of social networking sites and Psychological Well-Being among the College Students. As it can be seen from the table that use of social networking sites and psychological well-being of the subjects have found to be negatively correlated. It fulfils the fourth hypothesis of the present study. Increase in use of social networking sites worsens the level of psychological well-being and decrease in use of social networking sites produces psychological well-being. Those who are low at using social media will have a good state of psychological well-being. On the contrast, those who have low addiction for social media would possess high level of psychological well-being. **Vishal Pandey (2018)** found significant negative correlation between social media use and psychological wellbeing.

Conclusion:

Use of social networking sites is a crucial factor in determining the level of psychological wellbeing among the college students. Excess use of social media becomes hurdle in the functioning of psychological wellbeing.

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