

Addiction to Social Media among Students at Jazan University

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Abstract

Addiction to social networking sites (SNSs) is becoming an increasingly prevalent. The impact of SNSs among students is of particular concern. The main aim of this study is to ascertain the rate of social media addiction among students at Jazan University and to observe its various effects. In February 2016, a structured, Arabic, self-reporting survey was administered to Applied Health Sciences students at Jazan University. Data were analysed using IBM SPSS 16 using frequency count and simple percentages. The study finds that social media addiction is highly prevalent at the university across students. The result revealed that's students should learn how to minimize their time on social networking to improve and promote learning their activities.

Keywords: *Social networking, addiction, Saudi Arabia.*

Introduction

Social networking sites (SNSs) addiction defined as the excessive use and the failure to control it which seriously harms a student's life. One quarter of the world's total population reported used SNSs, it is estimated that 1.8 billion people used social networking sites (SNSs) in 2014.(1) Facebook, and Twitter are the most widely used SNSs.(2) Students spend time on SNSs through smart phones that are now in abundance among them. Studies determined that excessive mental preoccupation with internet usage. (3) A reported case of a 24-year old woman whose extensive use of SNSs was causing an impairment to general life functioning.(4) She compulsively used SNSs instead of performing assigned tasks at work which ends her to dismiss from her job and referred to a psychiatric clinic.

Social media use is ubiquitous among university students worldwide and there are varieties of mobile application used for SNSs examples: Twitter (a microblogging platform where users exchange messages called "tweets"); and Facebook (an application that enable users to build and update personal profiles, share photos and videos, and send messages to others). (5)

We have observed in Saudi Arabia a rapid growth in rates of SNSs usage. It has become an integral part of most university students' daily lives. From our point of view, they use it to provide entertainment, prevent boredom, escape from reality, assuage feelings of emptiness, and alleviate the fear of losing friends. They begin to neglect their responsibilities, including basic self-care. However, no previous study has the rate of using SNSs in Saudi Arabia. Students may think that social media is an entirely positive thing while remaining unaware of its potential negative effects. In this study, we intend to measure the rate of using SNSs among Applied Health Sciences students

Method

This is a cross-sectional study, conducted in February 2016. We have used a descriptive statistics survey for data collection in this with structured questionnaire. A structured questionnaire was designed

considerably and administered to students from Applied Health Sciences College students in Jazan University. A total of 600 copies of questionnaires were distributed to the respondents out of only seven hundred (440) were able to be retrieved. Data analysis was done using SPSS 16 for frequency count and simple percentage. The instrument was designed in two parts, namely demographic and structured questions. Data analysis was done using frequency count and simple percentage.

Results

Among 440 respondents, 46.4% was between 21 to 22 years old. The majority of the participants lived in rural than lived in urban area. [Table 1] All the respondents have answered that they use SNSs daily; Twitter was the most popular social media site among students (43.1%). [Table 2] Remain in contact with friends was the principal motive to participants' social media use by (43.4%) and (20.6%) have responded using it as daily habits. 42.4% of the participants had answered that's using SNSs more than four hours daily. Table 3 shows the effect of SNSs on daily life of the students. 60% of the students think that's the life is boring with SNSs, and 50% of them checked their SNSs soon they woke up.

Discussion

This study has revealed that the frequent and too much use of the SNSs have adverse effect on the students' daily life. The result obtained in this study supports that students in Jazan are spending too much time on SNSs at the detriment of other necessary things such as their education. Overall usage rates among this group of health sciences students in Jazan University were found to be similar to rates reported in other studies.(6-8) Majority of the students use almost all the commonly available SNSs with the Twitter having the largest number of users then twitter. Majority of the respondents spend more than four hours on social networking sites and as a result this negatively impacts their academic performances. More than four a day, checking it while eating, and when woke up, while sleeping is fall in term of addiction to SNSs. Majority of the students fells depressed and bored if the SNSs don't exist.

Nevertheless, data from the present study indicate that this sample of applied health sciences students in Jazan University appeared highly dependent on SNSs. Interpretations of SNS usage and addiction may be different of the way in which students are viewed by the rest of society. Highly dependence on SNSs for personal activities is generally considered an addiction. The time that the students spent on SNSs could be considered an addiction, were it not for the fact that their academic performance is so highly valued. From the results of the current study, it could argued that several of the students were addicted, because of the defences in motivation, although the majority motivated to just keep themselves connected to others. The limitation of this study is this survey study conducted with a single college of students at a single university; therefor generalisation is difficult. This study chose to investigate only two of the hundreds of existing SNSs. However, future studies should take this into account.

Conclusion and Clinical Implication

This study it is clearly observed that students of Applied Health Sciences in Jazan are spending too much time on SNSs at the detriment of their academic activities. The implications of this finding need to be addressed in terms of future healthcare delivery in Jazan. Time spent on SNSs affects ones productivity both physically and emotionally and should therefore be minimized.

Table 1. Characteristics of the participants.

Characteristics		n	%
Age	18–20	138	31
	21–22	195	46.4
	23–25	101	22.7
	Missing	6	0.9
Gender	Male	207	47
	Female	233	53
Resident	Urban	163	37
	Rural	267	60.7
	Missing	10	2.3
Marital status	Single	375	85.2
	Married	62	14.1
	Missing	3	0.7

Table 2. The SNSs Mostly used by Students

SNSs	Frequency	Percentage
Twitter	190	43.1
Facebook	152	43.5
Others	98	22.2

Table 3. Type of Effects of using SNSs Psychologically, Academically, and in daily life

Type of effect		Total No.	%
Effect on daily Life	Do you use social media while eating?		
	Yes, always	76	17.2
	Often	104	23.6
	Rarely	137	31.2
	Never	123	28.0
	Do you use social media for a long time in evening?		
	Yes, always	125	28.4
	Often	151	34.3
	Rarely	115	26.1
	Never	49	11.2
	Is checking social media the last thing you do before sleep?		
	Yes, always	236	53.8
	Often	102	23.1
	Rarely	61	13.7
	Never	41	9.4

	Do you check social media immediately after waking up?		
	Yes, always	222	50.6
	Often	95	21.5
	Rarely	80	18.1
	Never	43	9.8
Effect on academic performance	Do you think social media affects your academic performance?		
	Yes, always	77	17.4
	Often	118	26.8
	Rarely	122	27.7
	Never	123	28.1
Psychological effects	Do you feel stress and anxiety when social media is unavailable?		
	Yes, always	257	58.6
	Often	72	16.2
	Rarely	72	16.2
	Never	39	8.9
	Do you feel like you have lost something when you are away from social media?		
	Yes, always	168	38.2
	Often	117	26.5
	Rarely	82	18.5
	Never	74	16.7
	Do you feel that the life is boring without social media?		
	Yes, always	267	60.9
	Often	107	24.2
Rarely	66	14.7	

Declaration of Conflicting Interests

The authors declare that there is no financial conflict of interest.

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Contributor S M was involved in study design performed the majority of data processing and analysis and drafted the article. All authors were involved in drafting and revising the article and approved the article before submission.

Ethical Approval

Ethical approval for the study was provided by Jazan University Review Board.

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