

A Study on Effect of Social Network on Mental Health and Academic Achievement of Secondary Students

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Abstract: *Communication has developed since ages as civilization and development goes hand in hand. In 21st century the communication is faster, better and efficient and the credit goes largely to technology. Network has profoundly changed the human experience. Socialization is an important aspect of this technology. All network users say one of their primary purposes for going online is for communication. Socialization via the network has become an increasingly important part of young adult life. The primary tools that enable socialization on internet are Social Networking Sites and instant messages. Nowadays Social Network has overshadowed the human life. Social Network has transformed the ways by which people search, find, use and communicate information. Network is any combination of text, chatting with friends, sound, animation and video delivered to you by Social network. The present study investigated a study on impact of social network on mental health and academic achievement of secondary students. For this study adopted survey method of research. As a result a study on impact of social network on mental health and academic achievement of secondary students is average. So the present condition should be improved for the better development of the social network.*

I. Introduction

Social network modes are web-based services that allow individuals to create a public profile, to create a list of users with whom to share connections, and view and cross the connections within the system. Most social network services are web-based and provide means for users to interact over the Internet, such as e-mail and instant messaging. Social network sites are varied and they incorporate new information and communication tools such as mobile connectivity, photo/video/sharing and blogging. Online community services are sometime considered as a social network service, though in a broader sense, social network service usually means an individual-centered service whereas online community services are group-centered. Social networking sites allow users to share ideas, pictures, posts, activities, events, interests with people in their network.

The main types of social networking services are those that contain category places (such as former school year or classmates), means to connect with friends (usually with self-description pages), and a recommendation system linked to trust. Popular methods now combine many of these, with American-based services such as Facebook, Google+, LinkedIn, Instagram, Pinterest, Vine, and Twitter.

Meaning Of the Social Network

Put simply, social networking is a way for one person to meet up with other people on the Internet. People use social networking sites for meeting new friends, finding old friends, or locating people who have the same problems or interests they have, called niche networking.

Social Networking Sites are the example of techno-oriented communication. Facebook, Friendster, Twitter, Yahoo Messenger, and Skype are examples of the new phenomenon of online social networking. It is through these sites that people come in contact of their society members to seek mates, search for entertainment and participate in political spheres.

It wasn't the founders of Facebook, or Twitter, or even My Space or Friendster. Social media - the exchange of media within networks of friends and acquaintances is much older than the Internet. A social-media environment requires two things: a certain level of literacy, and the ability to copy and deliver information cheaply and quickly. This combination first arose in the late Roman republic of the 1st century BC, more than 2,000 years ago.

II. Statement Of The Problem

“A Study On Impact Of Social Network On Mental Health And Academic Achievement Of Secondary Students In Salem District”.

Objectives : The following are the major objectives of the present study.

1. To find out the difference between the male and female students on their impact of social network on mental health of secondary students in Salem District.
2. To find out the difference between IX standard students and X standard students on their impact of social network on mental health of secondary students in Salem District.
3. To find out the difference between the rural and urban students on their impact of social network on mental health of secondary students in Salem District.
4. To find out the difference between the private and government school on their impact of social network on mental health of secondary students in Salem District.
5. To find out the difference between the students having mobile and not having mobile on their impact of social network on mental health of secondary students in Salem District.
6. To find out the difference between the students having computer and not having computer on their impact of social network on mental health of secondary students in Salem District.
7. To find out the difference between the impact of social network on mental health and academic achievement of secondary students in Salem District.

Hypothesis: Based on the above objectives, the following null hypotheses are formulated for testing.

1. There is no significant difference between the Male and Female School students on their impact of social network on mental health of secondary students in Salem District.
2. There is no significant difference between the IX standard students and X standard students on their impact of social network on mental health of secondary students in Salem District.
3. There is no significant difference between the Rural and Urban students on their impact of social network on mental health of secondary students in Salem District.
4. There is no significant difference between the Private and Government School students on their impact of social network on mental health of secondary students in Salem District.
5. There is no significant difference between the students having mobile and not having mobile on their impact of social network on mental health of secondary students in Salem District.
6. There is no significant difference between the students having Computer and not having Computer on their impact of social network on mental health of secondary students in Salem District.
7. There is no significant difference between the social network on mental health and academic achievement of secondary students in Salem District.

Tool Used: The tool is developed and standardized by Dr. Mrs. T. Malliga. Tool consists of 30 questions with objective type of answer.

Methodology In Brief

The steps of procedure in research are on element common to all methods of research while, different methods of research have different distinguishing features. In this study, the investigator applied normative survey as a method. The normative survey method studies, describes and interprets what exist at present. The sample was selected by using simple random sampling technique. The sample forms a representative sample of the entire population. For the analysis of the data, the following statistical techniques have been used i.e. Descriptive analysis (Mean & S.D) and Differential analysis ('t' test)

The Mean And S.D Of Awareness Towards 3g Technology Scores Of Secondary Students

Variable		N	Mean	S.D	t-value	LS
Gender	Male	120	106.52	9.759	2.00	S
	Female	130	109.36	14.550		
Class	IX	126	109.10	10.769	1.40	NS
	X	124	106.88	14.069		
Locality	Rural	138	107.38	13.192	0.86	NS
	Urban	112	108.76	11.697		
Type of the school	Government	126	107.44	13.722	0.71	NS
	Private	124	108.56	11.237		
Having mobile at home	Yes	183	107.64	12.321	0.73	NS
	No	67	108.96	13.163		
Having computer at home	Yes	137	108.07	11.789	0.10	NS
	No	113	107.90	13.444		

Important Findings

- ❖ There is significant difference between the male and female secondary students in their impact of social network on mental health.
- ❖ There is no significant difference between the IX and X standard students in their impact of social network on mental health.
- ❖ There is no significant difference between the rural and urban standard students in their impact of social network on mental health.
- ❖ There is no significant difference between the private and government standard students in their impact of social network on mental health.
- ❖ There is no significant difference between having mobile and not having mobile students in their impact of social network on mental health.
- ❖ There is no significant difference between having computer and not having computer students in their impact of social network on mental health of secondary students.
- ❖ There is no significant difference between the impact of social network on mental health and academic achievement of secondary students.

III. Recommendations

The present study gives a clear-cut view about the present position of secondary school students' social network on mental health. Based on the important findings stated earlier the following recommendation is suggested.

- ❖ The impact of social network on mental health of the secondary students is average. So the present condition is improved for the better development of the impact on social network.
- ❖ Social network classes can be organized for secondary students.
- ❖ The management of the secondary students should conduct a programme on social network on mental health. It is helpful to the students to be aware about the social network. Also the management should provide the computer lab with internet facilities for the betterment of the students.
- ❖ Student attitude towards social network can be made positive by conducting seminars, workshops etc.
- ❖ The students should be engaged in using network that keeps a person in a good mental health.
- ❖ Students may be encouraged to use the network in their home.
- ❖ The network class can be implemented for Government schools.

Suggestions For The Further Study

The following are the some of the suggested research problems for future research and for healthy research outcomes on this present theme.

- ❖ The present study could be undertaken at various states in India.
- ❖ This study can be conducted in college students and teachers.
- ❖ This study may be extended to a large sample taking some extra variables.
- ❖ The studies on social network on mental health among the heads of the institution at various levels may be undertaken.
- ❖ This study will continue to find new ways to motivate students.
- ❖ Relationship between social network on mental health and academic achievement of special children may be investigated.
- ❖ A comparative study can be undertaken between high school students and higher secondary school students.

IV. Conclusion

The impact of social network on mental health of secondary students is average. So the present condition should be improvement for the better development of the impact of social network.

To get quality education, school education should be strengthened by finding and activating innovative strategies can be implemented. People use the network to access needed information. The network facility has enabled the students to enhance their academic excellence by providing them the latest information and access to worldwide information. Social network is playing a major role in the present age to satisfy the needs and desires of the people and it has also become one of the major human activities.

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