

Impact of Using Social Media upon the Mental Health of Adolescent Students of preparatory Schools in Al-Diwanyah City

أثر شبكات التواصل الاجتماعي على الصحة النفسية للطلاب المراهقين في المدارس الإعدادية في مدينة الديوانية

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المستخلص:

الهدف: معرفة تأثير شبكات التواصل الاجتماعي على الصحة النفسية للمراهقين في مدينة الديوانية.

المنهجية: أجريت دراسة وصفية مقطعية مستعرضة في سبيل تحقيق اهداف البحث من ٢٦ يناير ٢٠١٥ لغاية ٢٠ أكتوبر ٢٠١٥. وقد تم اختيار المدارس من خلال استخدام العينات الاحتمالية (عينة عشوائية) شملت 240 طالب وقد تم اختيار ٦ مدارس من ٣٢ مدرسة (٢٠٪ من العدد الإجمالي) وقد تم اختيارها وفقا لمعايير عينة الدراسة، اختيرت ٦ مدارس عشوائيا، ثلاث مدارس للبنين (٢ اعدادي و ١ ثانوي) ثلاث مدارس البنات (٢ اعدادي و ١ ثانوي)، كانت العينة من طلبة الصف الرابع والخامس اخذت عشوائيا ٣٠٪ - ٣٣٪ من كل صف، تم جمع البيانات عن طريق المقابلة باستخدام الاستبيان، الذي يتكون من ثلاثة أجزاء (١) الخصائص الاجتماعية والديموغرافية للعينة تتكون من ٤ وحدات، ويشمل الطلاب العمر والجنس والوضع الاجتماعي، والوضع الاقتصادي للأسرة. (٢) البرامج والأجهزة للشبكات الاجتماعية (استخدام الشبكات والبرامج وعدد ساعات الاستخدام) الجانب النفسي يتكون ١٣ فقرة. تم تحليل البيانات باستخدام برنامج (SPSS) النسخة ١٩، البيانات الوصفية من خلال تحديد: التكرارات والنسب المئوية، متوسط درجة، والعرض البياني والجدول الإحصائي، الاستدلالي لتحليل البيانات الإحصائية عن طريق اختبار تطبيق square-chi استخدام هذا الاختبار لتحديد العلاقة بين الشبكة الاجتماعية والصحة النفسية المراهق.

النتائج: الفيس بوك هو أكثر استعمالا من بين مواقع الشبكات الاجتماعية بنسبة (٤٢٪)، أما بالنسبة للأجهزة الإلكترونية كان الاعظم استخدام هو الهواتف الذكية (المحمول) (٤٩,٥٪)، (٥٣,٨٪) من عينة الدراسة، استجابات شاملة لمجال الصحة النفسية ذات تأثير عالي. (٥٨,٣٪) من عينة الدراسة.

التوصيات: وأوصت الدراسة أن الأسر أو الوالدين والمعلمين بمراقبة أولادهم بشكل متكرر لاحتواء إدمان استخدام شبكات المواقع الاجتماعية، واستخدام المحمول وغيرها التي تؤثر على الصحة النفسية. يجب على وزارة التعليم بذل المزيد من الاهتمام نحو تطبيق قوانين حول أجهزة الموبايل والأجهزة الإلكترونية الأخرى إلى المدرسة. منظمات صحة المجتمع يجب عليها تطبيق وتعزيز التنقيف الصحي بهذا الصدد لاستخدام مواقع الشبكات الاجتماعية.

الكلمات الرئيسية: الشبكات الاجتماعية، المراهقين، الصحة النفسية

Abstract

Objective: To know the impact of social networks on the mental health of adolescents in the city of Diwaniyah.

Methodology: A descriptive cross-sectional study was conducted on adolescents in preparatory schools in AL-Diwaniyah City Center, for the period from Jun 26, 2015 through to October 20, 2015. The schools were selected from using Probability sampling (240 random samples) six schools were selected from 32 schools (20 % from total number) the schools were chosen by writing the names of all schools on a pieces of paper and put in bags. Then, selected six schools random, three boys schools (2 preparatory and 1 secondary) three girls schools (2 preparatory and 1 secondary), then I chose the sample the students in grade (fourth preparatory and fifth preparatory) students (sample) were chosen at random to take 30%_33% of each grade. The data were collected through interview by questionnaire which consists of three parts, (1) socio-demographic characteristics of the sample consisted of four items, they includes students age, gender, social status, family economic status. (2) The programs and systems of social network (uses of networks and programs and the number of use hours). (3) Psychological aspect consists 13 items. Data analysis by using program of (SPSS) version 19, Descriptive data through determination of: Frequencies, Percentages, Mean of score, Graphical presentation and Statistical table, Inferential statistical data analysis by application Chi-square test used this test for determine the association between social network and adolescent's mental health.

Results: Facebook is most using of among Social network sites (42%) , as for systems electronic was greater using smart phones (mobile) (49.5%) , (53.8%) of the study subjects, (68.8%) of the study subjects, overall responses to the psychological health domain are high affected.

Recommendations: The study recommended that Families or parent and teacher should employ a monitoring and frequent follow up for contain use addiction social networks sites, the mobile and others system that affect upon psychological health. Ministry of education should make more attention toward apply laws about inter the Mobil and other system to school. Organizations community health should be applying and reinforcing health education regard to the use of social networks sites.

Key words: Networks, Adolescent, mental health

Introduction

Social media is quickly evolving in front of our eyes and it is almost impossible to reject and hide from this new form of media⁽¹⁾. Not only is it an important part of socialization within peer groups but now it is used to market and motivate people to become a part of a larger community⁽¹⁾. It is undeniably changing the way one communicates and how one finds and shares information. Most websites offer communication using Facebook, Myspace, Twitter, YouTube, LinkedIn and many various blog formats, with new apps on smartphones and photography and video made digital⁽¹⁾.

Although there are many positive aspects of social media, the negative effects on children and adolescents are also numerous. Social media can affect the mental health of teens, the level of effect, according to research, seems to go up as teens' use goes up, their level of contentment can decrease, and their likelihood of getting into trouble or being depressed can increase also, teens who use Facebook tend to be more narcissistic, antisocial, and aggressive⁽²⁾.

Many forms of cyberbullying is also a problem and can lead to the victims experiencing depression and anxiety. Cyberbullying has also been the cause of many suicides in young people⁽¹⁾. It is bad enough that there are adolescents who are victims of negative comments by peers, but strangers victimize many as well. Online sexual predators lure many young online users⁽¹⁾.

Because of adolescents and their parents being concerned about the above-mentioned risks, more teens care about privacy issues⁽¹⁾. One problem concerning privacy issues is that many adolescents are unaware of the privacy policies on the social media websites they use⁽¹⁾. The powerful advertising they see on social media sites influences many adolescents and it strongly influences their buying habits, many of them are not aware that they are individually targeted because the

sites keep track of their habits and demographics⁽³⁾. These young people and their parents need to be aware of how they are targeted so smarter choices can be made around their spending habits⁽³⁾. As with just about everything, social media should be used in moderation. Studies have shown that adolescents and even college students who are on Facebook too much have lower grades⁽²⁾.

Methodology

A descriptive cross-sectional study was conducted on adolescents in preparatory schools in AL-Diwaniyah City Center, for the period from Jun 26, 2015 through to October 20, 2015. The schools were selected from using Probability sampling (240 random samples) six schools were selected from 32 schools (20 % from total number) the schools were chosen by writing the names of all schools on a piece of paper and put in bags. Then, selected six schools random, three boys schools (2 preparatory and 1 secondary) three girls schools (2 preparatory and 1 secondary), then I chose the sample the students in grade (fourth preparatory and fifth preparatory) students (sample) were chosen at random to take 30%-33% of each grade. The data were collected through interview by questionnaire which consists of three parts, (1) socio-demographic characteristics of the sample consisted of four items, they include students age, gender, social status, family economic status. (2) The programs and systems of social network (uses of networks and programs and the number of use hours). (3) Psychological aspect consists 13 items. Data analysis by using program of (SPSS) version 19, Descriptive data through determination of: Frequencies, Percentages, Mean of score, Graphical presentation and Statistical table, Inferential statistical data analysis by application Chi-square test used this test for determine the association between social network and adolescent's mental health.

Results

Table (1): Distribution of the Study Subjects by their Demographic Data

Demographic data items		Frequency	Percentage %
Age /years	14 – 15	3	1.2
	16 – 17	81	33.8
	18 – 19	127	52.9
	>19	29	12.1
Total		240	100
Gender	Male	141	58.8
	Female	99	41.2
Total		240	100
Marital status	married	14	5.8
	single	226	94.2
Total		240	100
Economic status of the family	Good	97	40.4
	moderate	139	57.9
	poor	4	1.7
Total		240	100

This table shows that (52.9%) of the study, subjects are within the fourth age group (17-18) years old , (58.8%) of the study subjects are male, and (94.2%) are singles. Finally, in this table, the study results indicate that (57.9%) of the study, subjects come from family of moderate economic status.

Table (2): Distribution of the Study Subjects According to the Network Use

Network Data	Frequency	Percentage	
Network Programs	Facebook	101	42.1
	Twitter	8	3.3
	YouTube	8	3.3
	What's app	10	4.2
	Other	16	6.7
	All Program Of Remember	40	16.7
	Facebook, you tube And Other	10	4.2
	YouTube, What's app And Other	7	2.9
	Facebook And Other	5	2.1
	Facebook, you tube, And twitter	21	8.8
	Facebook And you tube	14	5.8
Network System	Laptop	37	15.4
	Mobile	119	49.6
	Other	4	1.7
	All Programs Of Remember	25	10.4
	Laptop And Mobil	48	20
	Mobile And Other	7	2.9
Pleasure of use	Yes	182	75.8
	No	58	24.2
Time use of network	1-4 hours/ day	92	38.3
	Night time	70	29.2
	Day time	26	10.8
	all time	52	21.7

This table shows that (42.1%) of the study subjects use Facebook, and (49.6%) of them are use the mobile. Also (75.8%) of the study subjects are use the network for pleasure. And (38.3%) (29.2%) of them for 1-4 hours, daily and night using network spend respectively.

Table (3): Correlation between the Network Programs and the Study Subjects Demographic Data

Demographic Data	sig. Value	d.f	p-value	
Age	85.13	44	0.000	HS
Gender	30.81	11	0.001	HS
Marital Status	51.83	11	0.000	HS
Time Use	50.75	33	0.025	S

NS= (p-value > 0.05), S= (p-value < 0.05), HS= (p-value < 0.01)

This table shows that there is a high-significant relationship between the network programs and all the demographic data at p-value less than 0.01, except with the time use, the study results indicate that there is a significant relationship at p-value less than 0.05.

Table (4): Correlation between the Network Systems and the Study Subjects demographic Data

Demographic Data	Sig. Value	d.f	P-Value	
Age	19.58	20	0.484	NS
Gender	12.78	5	0.025	S
Marital Status	3.79	5	0.58	NS
Time Use	23.61	15	0.072	NS

This table shows that there is a non-significant relationship between the network systems and all the demographic data at p-value more than 0.05, except with the study subjects gender, the study results indicate that there is a significant relationship at p-value less than 0.05.

Table (5): Distribution of the Study Sample by their Responses to the psychological domain items

Items number	Psychological Domain Items	Statistics	very agree	agree	disagree	very disagree	M.s	Assessment
1.	Influenced by the themes of these networks, which makes you more violent	Freq.	71	98	48	23	2.1	Positive
		%	29.6	40.8	20	9.6		
2.	Influenced by the themes of these networks make you feel depressed	Freq.	42	92	72	34	2.41	Positive
		%	17.5	38.3	30	14.2		
3.	My observations are affected by violence and the risk presented by these networks	Freq.	47	98	64	31	2.33	Positive
		%	19.6	40.8	26.7	12.9		
4.	tried this tradition Views	Freq.	85	100	41	14	1.91	Positive
		%	35.4	41.7	17.1	5.8		
5.	Become violent if your family prevent these networks about you	Freq.	57	68	66	49	2.45	Positive
		%	23.8	28.3	27.5	20.4		
6.	Feel depressed if these networks are not available to you	Freq.	32	50	92	66	2.8	Negative
		%	13.3	20.8	38.3	27.5		
7.	Your use of these networks makes you isolated from your friends or your family	Freq.	52	83	75	30	2.35	Positive
		%	21.7	34.6	31.2	12.5		
8.	Feeling lonely	Freq.	47	121	41	31	2.23	Positive
		%	19.6	50.4	17.1	12.9		
9.	You got emotional disorders make you a bad mood was caused by these networks	Freq.	60	78	64	38	2.33	Positive
		%	25	32.5	26.7	15.8		
10.	Your use of these networks you from your duties school	Freq.	32	80	63	65	2.67	Negative
		%	13.3	33.3	26.2	27.1		
11.	Feel anxiety that you have not your schoolwork	Freq.	22	39	89	90	3.03	Positive
		%	9.2	16.2	37.1	37.5		

Mean of score (less than 2.5) is affected, and Mean of score more than 2.5) is not affected

This table shows that the study subjects' responses to the psychological domain items are affected at all items except at the items numbers (6 &10), their responses are not affected.

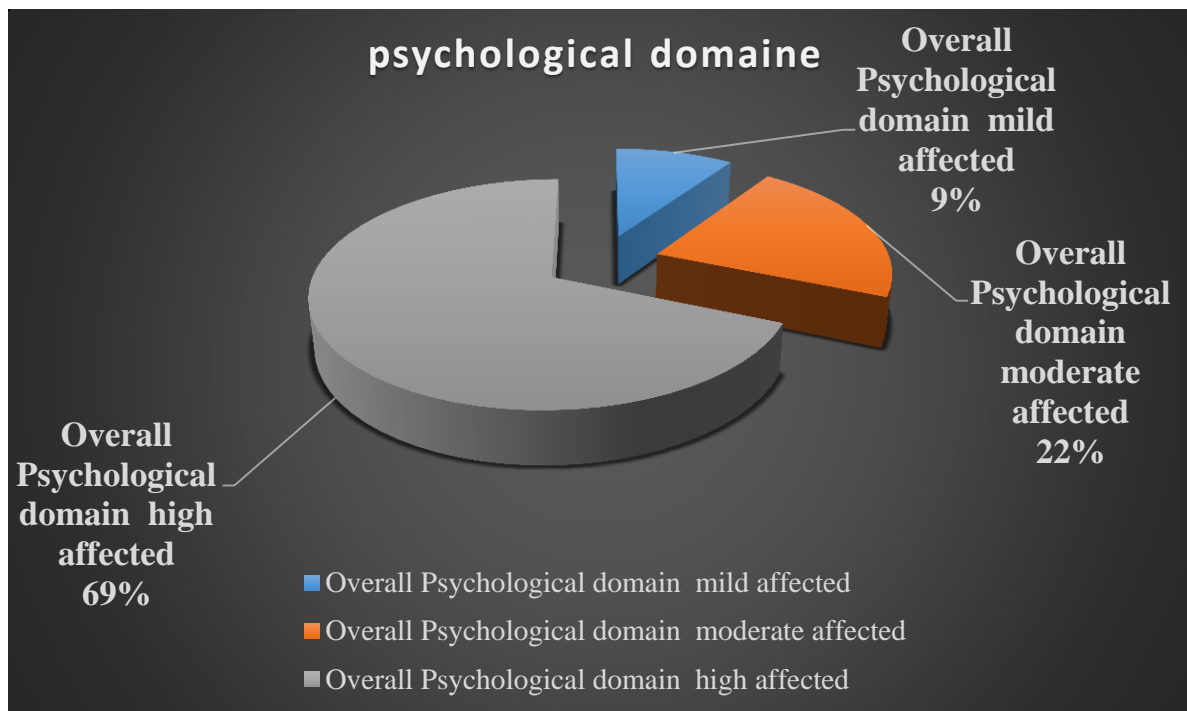


Figure (1): Shows Distribution of the Study Sample by their Overall Responses to the Psychological Domain high impact.

Discussion

Part I: Discussion of the Socio

Demographic Characteristics for the Study Sample

The study results show that more of the study subjects are within age group of (18-19) year, male and singles. In addition, the study results indicate that the study subjects and come from moderate family's economic status table (1). A study presented supportive evidence to this result by Agarwal and Dhanasekaran⁽⁵⁾ they studied the Harmful Effects of Media on Adolescents in North India, and their results shows that the age group of the study subjects is 18 years old as maximum, and the majority of them are males, singles and moderate economic this study support my research.

Part II: Discussion the Communication Network Used by the Adolescents

The study results indicate that the more of the study subjects use face book related to programs, followed concerned with system by mobile. In addition, most of the study subjects are use the network for pleasure for 1-4 hours daily table (2). A study presented supportive evidence to

this result by Strasburger and Jordan⁽⁶⁾ they studied the Health Effects of Media on Children and Adolescents in North America. They said that children and adolescents spend more time with media than they do in any other activity except for sleeping—an average of 1-3 hours/day, also they are stated that today's youth have unprecedented access to new media and use them in expected and unexpected ways, also they study research by the Pew Internet and American Life Project revealed that 93% of youth aged 12 to 19 are on-line, and 71% have a cell phone. Internet users report watching videos (57%), creating and visiting social networking sites such as Myspace and Facebook (65%), making on-line purchases (38%), and getting health information (28%). Youth are also avid gamers, with 97% of adolescents reporting that they play video games on the computer, Web, handheld device, or console. Youth are creative in their uses of new technologies, and this creativity can lead to angst for parents, teachers and health care providers. Teens can download

violent videos; send sexual text messages or explicit self-photographs to their friends.

Part III: Discussion of the Correlation between Demographic Data and the Network that Used By the Adolescents

There is a non-significant relationship between the network systems and all the demographic data, except with the study subjects' gender, the study results indicate that there is a significant relationship table (3, 4). A study presented supportive evidence to this result by Browne and Hamilton⁽⁷⁾ they studied the influence of violent media on children and adolescents: a public-health approach in North America. A study presented supportive evidence to this result they studied *The Predicting Social Networking Site Use and Online Communication Practices among Adolescents: the role of access and device ownership*. Their findings indicate that there is a non-significant relationship between the adolescents' age group and the using of communication network, and there is a significant relationship with their gender, this two studies support my research.⁽⁸⁾

Part IV: Discussion of the correlation between social network and the healthy behaviors of the adolescent

The study results revealed that there is a significant relationship between the network programs and the overall assessment. A study presented supportive evidence to this result by American Academy of Pediatrics and Adolescents⁽⁹⁾ they recognizes that exposure to network communication (e.g., video and computer games, the Internet, music lyrics and videos, cell phone, communication network) presents health risks for children and adolescents. supportive evidence to this result by Grace, Huang, Jennifer, Unger and Daniel⁽¹⁰⁾ they studied the *Peer Influences: The Impact of Online and Offline Friendship Networks on Adolescent Smoking and Alcohol Use in California*. They concluded that exposure to risky online content had a direct impact

on adolescents' risk behaviors and significantly interacted with risk behaviors of their friends. These results provide evidence that friends' online behaviors should be considered a viable source of peer influence and that increased efforts should focus on educating adolescents on the negative effects of risky online displays.

In a speech delivered to the American Psychological Association in August, Larry Rosen⁽¹¹⁾, professor of psychology at California State University, Dominguez Hills, outlined the results of some recent research, which also points to the darker side of social media.

He found:

- Teens using social network sites specially (Facebook) have more narcissistic tendencies while young adults who have a strong Facebook presence show more signs of other psychological disorders, including anti-social behaviors;
- Daily overuse of media and technology has a negative effect on the health of all children, preteens and teenagers by making them more prone to anxiety, depression and other psychological disorders;
- Social network sites can be distracting and can negatively affect learning. Studies found that middle school, high school and college students who checked Facebook at least once during a 15-minute study period achieved lower grades.

Recommendations:

The study recommends that:

1. Community health Organizations should apply and reinforce health education how use of social networks sites by method that not effect on health.
2. Suggest open communication about the benefits and dangers of social media and the importance of setting limits on the amount of time spent on social media websites.
3. Families or parent and teacher should employ a periodic and frequent checkup for contain use addiction social networks sites, the mobile and others system that affect upon mental health.

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