

Influence of Social Media in Psychological Well-Being of Student's academic achievement

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Abstract

Social media provide young with a range of benefits, and opportunities to empower themselves in a variety of ways. Young people can maintain social connections and support networks that otherwise wouldn't be possible, and can access more information and knowledge. Internet and social networking site has both positive and negative effects on student's life satisfaction. Therefore this study has the need and importance to find out the influence of internet and social networking sites. The phrase 'Psychological well-being' is used to describe an individual is emotion health and overall functioning. The author of a study published in applied psychological Health and well-being describe psychological well-being as "the combination of feeling good and functioning effectively". Studies have discovered that people with higher psychological well-being are more likely to enjoy a better quality of life. Better psychological well-being also is associated with fewer social problems. For instance, research has found that people with high psychological well-being are less likely to engage in criminal activity or abuse drugs and alcohol. In addition, positive psychological well-being tends to predict higher earning and more prosocial behaviour, such as volunteering. Psychological well-being is existence in every individual of the society in secondary level is the most crucial for their future well-being existence, among the secondary students, depression has been found to be associated with unhealthy behaviour. To get rid of psychological well-being is significant source in the institution on as well as in the society. Untreated mental disorders have the potential to influence social relationship students with others, productivity and also academics success of the higher secondary students. Students in their higher secondary level also are more likely to enjoy positive psychological well-being when they have their basic needs meet. Further, living in a safe area, having enough foods, and having adequate shelter are all important factors for emotional and good psychological health. Therefore, every individual must poses a good psychological well-being. It is also important in the field of education in order to achieve their academic goals.

Key words: Social media, Psychological well being, Academic achievement.

1. Introduction

In the present context of increasingly severe world, how to deal with the aging situation is one of the major challenges facing the world and India today. Social media experienced a rapid rise in recent years almost every aspects of people's lifestyles and creating impact in their well being.

Internet is a global computer network providing a variety of information and communication facilities, consisting of interconnected networks using standardized communication protocols(Definition from Oxford languages). With over 560 million internet users, India is the second largest online market in the world ranked behind China(Joseph

Johnson, Jan 31, 2022, statista.com). It was estimated by 2023, that there would be over 650 million internet users in the country. The internet penetration rate in the country stood at around 50% in 2020 (Sandhya Keelary, Apr 27, 2021, statista.com) This means that around 1.37 billion Indians had access to internet that year.

According to Larry Alton, there are some of the biggest problems facing our development of the internet- 1. Global inconsistencies in internet availability, 2. The ever-rising demand for bandwidth, 3. Unexpected fluctuations in use, 4. Cybercriminal access, 5. Overreliance on major corporations, 6. Patchwork fixes, etc.

Based on literature analysis the impact of internet use in adults life satisfaction is mainly two aspects- one is internet use may reduce the social interaction in people's real life, another one is by using internet it distorts the perception of social fairness by expanding social comparison. Problematic internet use relates to general life satisfaction and influenced in everyday life such as education, employment, leisure, and health.

Social networking sites (SNSs) refers a web-based application that enables users to create personal profile which is visible to other users. Social networking site (SNSs) is the fastest growing website in the 21st century. A social networking is an online place where a user can create a profile and build personal network that connects other users. Social networking sites provide web-based application platform for building social networks or social relations among individuals that shared interests or activities to interact via internet or e-mail. Social networking site is a platform to build social networks or social relations among people who shares interests, activities, backgrounds or real life connections. Social networking sites have created a new social dimension where individuals can develop increased levels of their social awareness by keeping in touch with old friends, making new friends, dispense new data or product, and getting information in many more aspects of everyday lives, making one to become more knowledgeable which is very beneficial especially for students.

2. Literature Review

The use of social media has grown substantially in recent years (Leong et al., 2019; Kemp, 2020). Social media refers to “the websites and online tools that facilitate interactions between users by providing them opportunities to share information, opinions, and interest” (Swar and Hameed, 2017, p. 141). Individuals use social media for many reasons, including entertainment, communication, and searching for information. Notably, adolescents and young adults are spending an increasing amount of time on online networking sites, e-games, texting, and other social media (Twenge and Campbell, 2019). In fact, some authors (e.g., Dhir et al., 2018; Tateno et al., 2019) have suggested that social media has altered the forms of group interaction and its users' individual and collective behavior around the world. Consequently, there are increased concerns regarding the possible negative impacts associated with social media usage addiction (Swar and Hameed, 2017; Kircaburun et al., 2020), particularly on psychological well-being (Chotpitayasunondh and Douglas, 2016; Jiao et al., 2017; Choi and Noh, 2019; Chatterjee, 2020). Smartphones sometimes distract their users from relationships and social interaction (Chotpitayasunondh and Douglas, 2016; Li et al., 2020a), and several authors have stressed that the excessive use of social media may lead to smartphone addiction (Swar and Hameed, 2017; Leong et al., 2019), primarily because

of the fear of missing out (Reer et al., 2019; Roberts and David, 2020). Social media usage has been associated with anxiety, loneliness, and depression (Dhir et al., 2018; Reer et al., 2019), social isolation (Van Den Eijnden et al., 2016; Whaite et al., 2018), and “phubbing,” which refers to the extent to which an individual uses, or is distracted by, their smartphone during face-to-face communication with others (Chotpitayasunondh and Douglas, 2016; Jiao et al., 2017; Choi and Noh, 2019; Chatterjee, 2020). However, social media use also contributes to building a sense of connectedness with relevant others (Twenge and Campbell, 2019), which may reduce social isolation. Indeed, social media provides several ways to interact both with close ties, such as family, friends, and relatives, and weak ties, including coworkers, acquaintances, and strangers (Chen and Li, 2017), and plays a key role among people of all ages as they exploit their sense of belonging in different communities (Roberts and David, 2020). Consequently, despite the fears regarding the possible negative impacts of social media usage on well-being, there is also an increasing number of studies highlighting social media as a new communication channel (Twenge and Campbell, 2019; Barbosa et al., 2020), stressing that it can play a crucial role in developing one’s presence, identity, and reputation, thus facilitating social interaction, forming and maintaining relationships, and sharing ideas (Carlson et al., 2016), which consequently may be significantly correlated to social support (Chen and Li, 2017; Holliman et al., 2021). Interestingly, recent studies (e.g., David et al., 2018; Bano et al., 2019; Barbosa et al., 2020) have suggested that the impact of smartphone usage on psychological well-being depends on the time spent on each type of application and the activities that users engage in. Hence, the literature provides contradictory cues regarding the impacts of social media on users’ well-being, highlighting both the possible negative impacts and the social enhancement it can potentially provide. In line with views on the need to further investigate social media usage (Karikari et al., 2017), particularly regarding its societal implications (Jiao et al., 2017), this paper argues that there is an urgent need to further understand the impact of the time spent on social media on users’ psychological well-being, namely by considering other variables that mediate and further explain this effect. One of the relevant perspectives worth considering is that provided by social capital theory, which is adopted in this paper. Social capital theory has previously been used to study how social media usage affects psychological well-being (e.g., Bano et al., 2019). However, extant literature has so far presented only partial models of associations that, although statistically acceptable and contributing to the understanding of the scope of social networks, do not provide as comprehensive a vision of the phenomenon as that proposed within this paper. Furthermore, the contradictory views, suggesting both negative (e.g., Chotpitayasunondh and Douglas, 2016; Van Den Eijnden et al., 2016; Jiao et al., 2017; Whaite et al., 2018; Choi and Noh, 2019; Chatterjee, 2020) and positive impacts (Carlson et al., 2016; Chen and Li, 2017; Twenge and Campbell, 2019) of social media on psychological well-being, have not been adequately explored. Given this research gap, this paper’s main objective is to shed light on the effect of social media use on psychological well-being. As explained in detail in the next section, this paper explores the mediating effect of bonding and bridging social capital. To provide a broad view of the phenomenon, it also considers several variables highlighted in the literature as affecting the relationship between social media usage and psychological well-being, namely smartphone addiction, social isolation, and phubbing. The paper utilizes a quantitative study conducted in Mexico, comprising 940 social media users, and uses structural equation modeling (SEM) to test a set

of research hypotheses. This article provides several contributions. First, it adds to existing literature regarding the effect of social media use on psychological well-being and explores the contradictory indications provided by different approaches. Second, it proposes a conceptual model that integrates complementary perspectives on the direct and indirect effects of social media use. Third, it offers empirical evidence and robust statistical analysis that demonstrates that both positive and negative effects coexist, helping resolve the inconsistencies found so far in the literature. Finally, this paper provides insights on how to help reduce the potential negative effects of social media use, as it demonstrates that, through bridging and bonding social capital, social media usage positively impacts psychological well-being. Overall, the article offers valuable insights for academics, practitioners, and society in general.

Well-being is one of the important goal which individuals as well as societies strive for. The term 'well-being' denotes that something is in a good state. It does not specify what the 'something' is and what is meant by 'good' well-being can be primarily specified in two ways: firstly, by specifying the 'what' and secondly, by spelling out the criteria of wellness. Psychological well-being is the subjective feeling of contentment, happiness, satisfaction with life's experiences, and no distress, dissatisfaction or worry, etc. These things are difficult to evaluate objectively, hence the emphasis is on the term "subjective" well-being. It may well-be maintained in adverse circumstance and conversely, may be lost in favorable situation. It is related to but not dependent upon the physical and/or psychological conditions. Thus defined and conceptualized, the general well-being may demonstrate some degree of positive correlation with quality of life, satisfaction level, sense of achievement etc. and negatively related with neuroticism, psychological, and such related variables. However the degree of overlap with such variables should not be high if this concept a separate independent entity is to be considered as a valid one. Further, it is expected to show relative stability over time.

According to Diener and Smith (1999), psychological or subjective well-being as a broad construct, encompassing four specific and distinct, encompassing four specific and distinct components including (a) pleasant or positive well-being (e.g., joy, elation, happiness, mental health), (b) unpleasant affect or psychological distress (e.g., guilt, shame, sadness, anxiety, worry, anger, stress, depression), (c) life satisfaction (a global evaluation of one's life) and (d) domain or situation satisfaction (e.g., work, family, leisure, health, finance, self).

The term psychological well-being (PWB) connotes a wide range of meanings, usually associated with wellness. Most studies in the past defined 'wellness' as not sick, as an absence of anxiety, depression or other forms of mental problem. The PWB includes meaning in life, absence of somatic symptoms, self-esteem, positive affect, daily activities, satisfaction, absence of suicidal ideas, personal control, social support absence of tension, and general efficiency (Bhogle and Prakash, 1995).

University students plays a important role in order become a successful future leader. Academic success is regarded as their major achievement and key goal of life. During university level in their academic career, students face various responsibility and challenges. In order to achieve their life goals and obtain academic success, it is important to be in a psychological health condition for enhancing students' learning, success and quality in the field

of education. The society as well as in the institution. Psychological well-being is beneficial for university level of students to live a healthy life, making it an important aspect of one's life in the academic years. During university, life can frequently be chaotic and full psychological stress. Student's stresses have increased tremendously over the past decade. It is therefore, important to understand various factors that impact student's psychological well-being. The research problem for this study asks, "What is the psychological well-being of students and what variables may impact it?" In the universe the conceptualization of the psychological wellbeing has been in the state of divergence ever since. Psychological well-being lead the individual fulfilment of life potential and happiness. It also associated with the personal experience of individual of accomplishing goal, as well as the feeling of pleasure from participating in fascinating activities. Psychological well-being extent to the people feel that they have meaningful control over their life. Now-a-days, especially the university level of the students are mostly prone to the psychological problems. Evidence suggests that the students are more vulnerable to mental health problems which helped in attracting increased public concern. This study aims, to asses the psychological well-being of the university student's. This study will be conducted with the university level students of various university of Assam. In this study, the investigator wants to focus in the relationship between social media usage and psychological well-being of university level students and their academic achievements. It is very significant & importance, because from various studies carried out by researchers, it could not be found that the psychological well-being strongly influences to the academic achievements. Thus it is believed that this study will attract and impact various researchers in future.

psychological well being of the students with more emphasis on academic achievement of the students. In this research there will be a comparative study of male and female students in the usage of social media, psychological well being and academic achievement. And also the remedies of negative impact will be given importance in this research.

1. Objectives of the Study

- To know the social media usage and psychological well-being among the students.
- To know the relationship between social media usage and academic achievement of the students.
- To know the relationship between psychological well-being and academic achievement of the students.

2. Methodology of the study

The research study is conducted on the basis of secondary sources of data. The data are collected from journals, book, e-book, websites, research articles etc. Descriptive method is used in this study.

3. Operational definitions

Psychological well- being

The term psychological well- being is usually conceptualized as some combination of positive affective states such as happiness and functioning with optimal effectiveness in individual and social life. Psychological well-being is about lives going well.

According to, Ryff (1989), psychological well-being is defined as being completely satisfied with one's own self and includes six components.

Academic achievement

Academic achievement is the extent to which a students, teacher or institution has attained their short or long- term educational goals. A typical example of academic achievement can be referred to completion of higher secondary schooling or bachelor's degrees. Academic achievement is commonly measured through examination or continuous assessments. Furthermore, there are inconclusive results over which individual factors successfully predict academic performance, elements such as test anxiety, environment, motivation, and emotional require consideration when developing models school achievement

Result and Discussion

This study is to assess the influence of psychological well- being of the students. 'Psychological well-being' is used to describe an individual is emotion health and overall functioning. The psychological well-being is termed as "the combination of feeling good and functioning effectively". Studies have discovered that people with higher psychological well-being are more likely to enjoy a better quality of life. Students life is the most important stage to be an effective leader since it requires appropriate selection of courses according to their psychological decision making ability and interest. Therefore, every individual must poses a good psychological well-being. Main findings of the research are follows:

1. There is relationship found between social media usage and psychological well being among students.
2. Social media usage influenced in the psychological well being of students.
3. The previous researchers also found impact of psychological well being in the academic achievement of the students.
2. From the previous study it indicates that there is a positive but low relationship between psychological well-being and academic achievement. Psychological well-being were related to academic achievement of students in weak sense.
3. The analysis leads us to say that students have the average level of psychological well-being.
4. It is found from the study that the academic achievements of the students are weakly dependent on their psychological well-being.
5. It is apparent that there is a low and definite but small relationship between well-being and academic achievement of the students. It point out that academic performance of students is positively but weakly related with their well-being.

Educational implications

Now-a-days education is totally dependent on students. So researcher can use this study to know the relationship between psychological well-being and their academic achievement of the students. The findings of this study are enumerated following points. The finding of this study will have implication for teacher and parents in developing students,

1. Psychological well-being of the students has a tremendous impact on student's academic achievement that is revealed in the present study.
2. The knowledge of psychological well - being that can increase and decrease students and nation makers to frame the policy for uplifting education scenario of the present arena.
3. The finding of the study maybe useful to provide the opportunities of rural students for developing the healthy competitive feelings. From this research finding, the teachers and parents especially the benevolent will be aware and they will be able to take appropriate steps.
4. The finding of this study proper guidance is very important for better performance in future.

Conclusion

The main aim of this study was to identify the degree of well-being of students in school context and investigate the relationship of psychological well-being. To summarize, the results of this study support previous research that suggests that psychological wellbeing and academic achievement are influential variables and highlight potential differences between the male and female students in terms of their psychological well being as well as academic achievement. Based on the current study and also with the help of reviewing various related literatures it can be understood. The term psychological well- being is usually conceptualized as some combination of positive affective states such as happiness and functioning with optimal effectiveness in individual and social life. Psychological well-being is the subjective feeling of contentment, happiness, satisfaction with life's experiences, and no distress, dissatisfaction or worry, etc. Thus the psychological well-being may demonstrate some degree of positive correlation with quality of life, satisfaction level, sense of achievement etc. and negatively related with neuroticism, psychological, and such related variables. A good life comes about when an individual has experiences and makes choices that bring about enjoyment and allow the individual to use signature strengths, achieving abundant and genuine fulfillment can be concluded that the application of principles of positive psychology at school in order to promote student's wellbeing and academic achievement is a promising field of research. The descriptive analyses indicated that students involved in this study possess average level of overall psychological well-being and average degree of academic achievement. Overall psychological well-being, the kind of findings provided in this study would help the schools authorities to understand the health needs of their students and design the various programmes in the school to improve the self-efficacy and well-being of the students.

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