

SOCIAL NETWORKING USAGE AMONG PHYSICAL EDUCATION COLLEGE STUDENTS

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ABSTRACT

Objective: Social networking sites have spread widely all over the globe and are utilized by numerous users for many reasons and functions. Different studies were made on social networks and their effects, but little practical proofs are out there relating to the impact of using social networks on physical education students on academic performance and social engagement. This paper addresses the impact of victimization of social networks Facebook and Twitter on students’ engagement in each academic and social aspects.

Methods: The present study is a survey method using a questionnaire. The questionnaires were randomly distributed to the college students. The collected data were tabulated and graphically analysed.

Results: The most of the respondents are using Facebook and Instagram with 51.25% and 13.75%, respectively, for the purpose of finding friends and sharing their status. Twitter is used to raise their comments on social and personnel status.

Conclusion: The majority of the current college students have had access to the SNS for their lives. These digital natives see these technologies as a logical extension of traditional communication methods and perceive SNS as often a much quicker and more convenient way to interact. That they are aware of the danger and risk involved in these sites is a positive indicator that Indian college students are not only techno-savvy and socially active through SNS but they also possess social consciousness.

Keywords: Social networking, Physical education students, Twitter, Facebook.

INTRODUCTION

Since Facebook has become an extraordinary phenomenon that is in today’s digital society has motivated several researchers to study some effects that have been caused by this social networking. Online social networks have gained an amazing popularity among folks around the world, particularly college students. The aim of this analysis is to analyze if there is any correlation between victimization of online social networks and also the academic performance of college students and to search out the ways, in which social sites will enhance the students’ academic performance. Moreover, we tend to find; however, social networks facilitate college students get engaged in their social life. The recent development of social networking tools such as wiki and blog has afforded a new opportunity to implement networked learning where students collaborate to learn in the social constructivists’ approach. With the aid of these tools, students act as active participants to produce the target content and learning becomes a participatory social process to achieve personal life goals and needs (McLoughlin and Lee, 2010) [1].

Bosch [2] has conducted research on the use of online social networks (Facebook) for teaching and learning at the University of Cape Town. Findings affirm that there are positive advantages in using Facebook for teaching and learning, particularly for the development of educational microcommunities including information and communication technology literacy. According to Stollak *et al.* [3], researchers found out through their questionnaire that smartphone users could spend more time accessing social tools compared to those who do not. Moreover, they found out that the connection between the amounts of time spent browsing such as websites and the grades the students got is expected to have a negative impact on their grades.

METHODOLOGY

The present study is a survey method using a questionnaire. A total number of 80 questionnaires were randomly distributed to the students of Dr. Sivanthi Aditanar College of Physical Education in Thoothukudi

district of India. Our survey consisted of two main sections. Section one which deals with the effect of using social networks on students’ academic life and section two which deals with the effect of using social networks on students’ social life. All the collected data were tabulated in percentage.

Analysis and interpretation

To have a better understanding of all the responses we have received, we converted raw data into numerical results and presented them in tables and charts. These results are illustrated below.

The Table 1 depicts the demographic profile of the respondents. The total number of respondents involved is 80, in which 55 are male, while 25 are female students. The age ranged from 22 to 26.

Table 2 depicts that 33 (41.25%) respondents are using the social networking websites more than 5 h/day. They spent more time for

Table 1: Demographic profile

S. No.	Demographic profile	Number of respondents	Percentage
1.	Male	55	68.75
2.	Female	25	31.25
Total		80	100

Table 2: Time spent on social networking (per day)

S. No.	Time spent on social networking (per day)	Number of respondents	Percentage
1.	<1 h	8	10
2.	1–3 h	13	16.25
3.	3–5 h	26	32.5
4.	More than 5 h	33	41.25
Total		80	100

Table 3: Gadget used for social networking websites

S. No.	Gadget used for social networking websites	Number of respondents	Percentage
1.	Personal computer	12	15
2.	Laptop	21	26.25
3.	Smartphone	47	58.75
Total		80	100

Table 4: Reason to register social networking websites

S. No.	Reason to register in social networking websites	Number of respondents	Percentage
1.	To gain knowledge	17	21.25
2.	To share information	11	13.75
3.	To maintain existing friends /contacts	13	16.25
4.	To find new friends	8	10
5.	For business networking	4	5
6.	To find activity partners	6	7.5
7.	Pass time	21	26.25
Total		80	100

Table 5: Social media platform

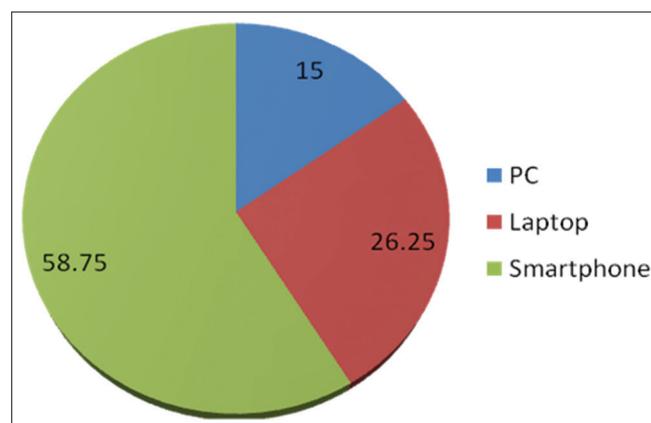
S. No.	Usage by social media platform	Number of respondents	Percentage
1.	Facebook	41	51.25
2.	Twitter	11	13.75
3.	Instagram	12	15
4.	LinkedIn	9	11.25
5.	YouTube	5	6.25
6.	Google Plus	2	2.5
Total		80	100

social networking sites (SNS). Only 10% of the users are using <1 h for SNS, 16.25% users are using 1–3 h for SNS, and 41.25% of users are using social networking for 3–5 h/day.

Table 3 and Fig. 1 depict that 47 (58.75%) respondents are using smartphones. Most of the respondents use smartphone since it is essential for daily needs. The updates were responded in shorter time. The laptop users are more comparing to the personal computer users due to the portability. Few respondents 12 (15%) are using personal computer.

Table 4 depicts that the students of physical education, 46.25% stated that they use social networking websites to maintain existing friends/relationships and only 23.75% for finding new friends with 5% for dating purposes. It states that a vast majority of respondents are reestablishing existing friends through SNS while only a minimal number account to using for dating purposes and 8.75% use such sites for business networking and activity partners.

Table 5 depicts the distribution percentage of the popular social media platform. The most of the respondents are using Facebook and

**Fig. 1: Gadget used for social networking websites**

Instagram with 51.25% and 13.75%, respectively, for the purpose of finding friends and sharing their status. Twitter is used to raise their comments on social and personnel status. YouTube and Instagram are used to share their memories in video and photos. LinkedIn and Google Plus are used in professional relationship.

CONCLUSION

The primary objective of the research undertaken has been to shed light on the evolution of the dominance of SNS among the physical education college students. As with many technologies, adoption of the internet, especially for its social uses, has seen its highest levels of usage among young college students in India.

The virtual world brings with it an entire set of issues and typically it creates them victims of cybercrime – issues highlighted in Indian media of a lot of public and social concern which is also an impending danger since there is an uncertainty of the nature of purpose of the individual, reliability, accountability, and anonymity, leading to grave consequences.

The majority of the current college students have had access to the SNS for their lives. These digital natives see these technologies as a logical extension of traditional communication methods and perceive SNS as often a much quicker and more convenient way to interact. That they are aware of the danger and risk involved in these sites is a positive indicator that Indian college students are not only techno-savvy and socially active through SNS but they also possess social consciousness.

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