

Effect of Social Media Uses on High School Female Students

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Abstract

Objectives: The study aims to assessment of the social media use in high school female .

Methods: This study aims To assess the use of social media among high school female students, To investigate the differences in use of social media and To identify if the device used, most common content of social media, most common platform, time spent on social media Through the using of descriptive correlational design conducted in Baghdad city at high school female of Directorate of Education Rusafa Second and Third from November/2022 to May 2023. The instrument of the study was designed by using sociodemographic, social media scale. The data was collected through use self-reported `` majority of (75.2%) of high school female students were used Mobile phone In regards with the most common content of social media, the most common were Entertaining (71.6%) and lowest were Sports (2%).Platform related findings, the most common platform were YouTube (43.9%) and the lowest were Facebook (14.1%).Time spent on device use in week days associated findings, participants expressed 3 to less than 5 hours in day (33.8%) The results showed that (52%) of the high school female students expressed a moderate effects of social media uses (Mean=20.25; SD=4.31).

Conclusions:

We find that Social media has become an integral part of our lives, especially for adolescents. most of student expressed moderate effects of social media uses. there

are significant differences in social media use among high school female with respect to their age and grad .

Recommendations:

the research recommended the ministry of education to support the school to holding courses for students on social media use and its effect .the research center should be conducting more studies on the impact of

social media among adolescents ,and fathers, especially mothers, still have an important role to play Monitor and control the negative effects of social media use on adolescent girls .

Key-wards: social media use, effect, adolescent girls.

individual online profiles and sharing photos, videos,

INTRODUCTION

Social media has undergone significant changes and evolution over the past few decades, with major shifts in user behavior, platform design, and the role of social media in society. Before the advent of social media, people communicated through Face-to-face conversations, Phone calls, Letters and postcards, Emails, instant messaging, and chat rooms (1) Social media has become an integral part of our daily lives, with billions of people using various social media platforms such as Facebook, Instagram, Twitter, TikTok, and many others to connect, share information, and entertain themselves. While social media has many benefits, such as staying connected with friends and family, it has also been associated with various negative effects.(2)

Adolescence is an important period of development, with The main physical, social, cognitive, and emotional changes and identity formation occur .Adolescence is also a time when young people begin to use social media, Internet platforms that enable social interaction by creating

and other media on sites or apps such as Instagram, Snapchat, and Facebook (3,4,5)

Social media has been found to have both positive and negative effects on the lives of teens. Positive aspects of social media use include increased peer contact and support, and learning opportunities(6)

However, research has largely reported negative effects from Adolescent use of social media, which contributes to mental health difficulties including increased depression, anxiety, self-harming behaviors, decreased social and emotional well-being, low self-esteem, and negative body image (7)

METHODS DESIGN

In this study, the researcher followed the descriptive correlational approach, through which the researcher tries to describe the phenomenon, the subject of the study, analyze its data, and indicate the relationship between its components, the opinions expressed about it, the processes it contains, and the effects that it causes .

The Ethics Review Board of the College of Nursing at the University of Baghdad approved the research plan and each participant gave their consent after being told what was happening.

Study Instrument

The questionnaire is one of the means to help collect data that contribute to achieving the results expected by the study, This questionnaire consists of two part include the followings.

Part I: This section composed of socio-demographic and factor-related and include (high school female student age, grade, monthly income, most common device used, contain of social media, platform of social media and time spend on device daily).

Part II: This section deals with social media uses (Social Media Engagement Scale for Adolescents (SMES-A), developed by Ni et al. (2020). A total of (11) items measured on 3-level type of Likert Scale (1=Always, 2= Sometime and 3=Never). Accordingly, points can be taken range from 11-33. The higher average defined as low effect

.DATA COLLECTION

data were collected from march 11th to march 30th. The questionnaire has been distributed for study participants. After obtaining the approval of the Rusafa Education Directorate and verifying the validity and reliability of the questionnaire.

The researcher distributed study questionnaire to the participants (High school female students), explained the instructions, answered their questions regarding the form, urged them to participate and thanked them for the cooperation. The self-report techniques was used on individual bases, and each report (15-20) minutes.

STATISTICAL ANALYSIS

All of the subsequent analyses were conducted in IBM SPSS 20.0. In order to classify the variables, we employed whole numbers and percentages (No. and %), while the mean and standard deviation were used to define the continuous variables (mean and SD). The correlational analysis was conducted to determine the link between the different factors. Two-tailed p.05 was used as the threshold for statistical significance.

RESULTS

Table (1): Socio-Demographic Characteristics

Elements	Classification	No.	%
Age/years	16 years old	280	50.0
	17 years old	198	35.4
	18 years old	52	9.3
	19 years old	24	4.3
	20 years old	6	1.1
16.71 ± 0.88			
Grade	Fourth	213	38.0
	Fifth	221	39.5
	Sixth	126	22.5
Monthly Income	Enough	221	39.5
	Somehow enough	246	43.9
	Not enough	93	16.6
Most used Device	Mobile phone	421	75.2
	IPAD	56	10.0
	Laptop	83	14.8
Most common content of social media	Entertaining	401	71.6
	Health and Beauty	59	10.5
	Sports	11	2.0
	Cook	22	3.9
	General information	33	5.9
Most used platform	Celebrity lives	34	6.1
	Facebook	79	14.1
	Instagram	134	23.9
	YouTube	246	43.9
Time spent on device use	Tiktok	101	18.0
	<1 hour	78	13.9
	1 to less than 3 hours	133	23.8
	3 to less than 5 hours	189	33.8
	5 to less than 7 hours	90	16.1
More than 7 hours	70	12.5	

Finding show participants age, the mean age is 16.71 (SD=0.88), the age 16 years old were recorded the highest percentage (50%) and only small percentage were 20 years old aged (1.1%). In regards with the grade, the fifth grade were predominated (39.5%), followed by those who are fourth (38%) and those who are small percent are sixth (22.5%).Socioeconomic status associated findings, more than half of participants from somehow enough (43.9%), followed by those who are enough (39.5%) and those who are not enough (16.6%).In terms of

digital device, the majority of (75.2%) of high school female students were used Mobile phone and followed by small percentage of Laptop (14.8) and IPAD (10.5%).In regards with the most common content of social media, the most common were Entertaining (71.6%) and lowest were Sports (2%).Platform related findings, the most common platform were YouTube (43.9%) and the lowest were Facebook (14.1%).Time spent on device use in week days associated findings, participants expressed 3 to less than 5 hours in day (33.8%) and lowest were more than 7 hours (12.5%).

Table (2):Overall Social Media Uses among High School Female Students

11Q)					6)		

Min.: Minimum; Max.: Maximum, M: Mean for total score, SD=Standard Deviation for total score

The results showed that (52%) of the high school female students expressed a moderate effects of social media uses (Mean=20.25; SD=4.31).

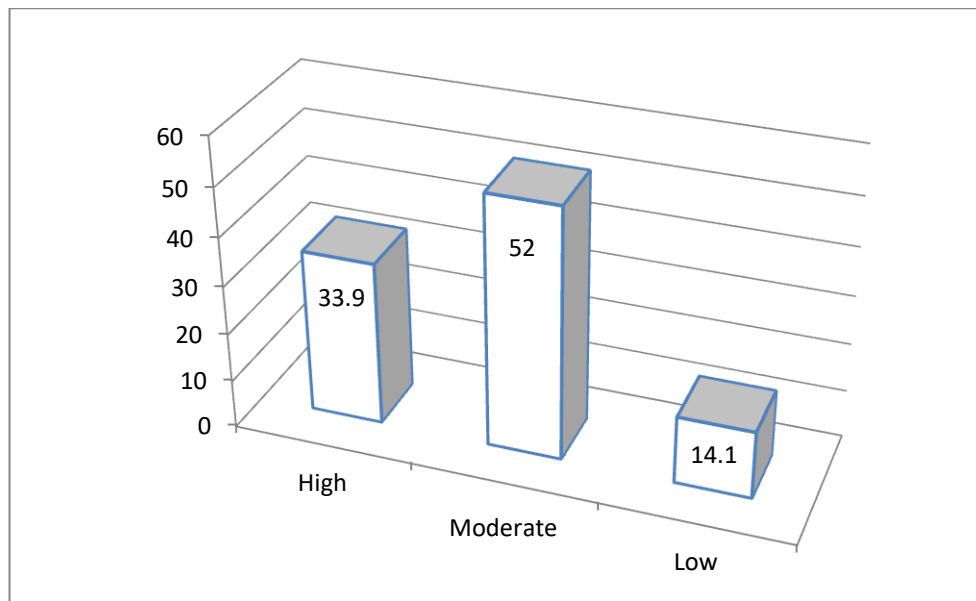


Fig.2. Overall Social Media Uses

DISCUSSION:

Among the total 560 students included for the study that founded in the high school female. The finding of data analysis show in the table (4-1) percentage (50%) of the study sample was at the age group (16) and only small percentage were 20 years old aged (1.1%). Because this age group I more common among fourth –grade students and

fifth- grade students in high female school . A study condedcted in Iraq to assess the Psychological Adjustment “ female have the highest participation rate (55.8%) and that the years in the most ages (18-20) years are at a rate of (56 %). (8)

A previous study showed that “The mean age for students in the study group is (16) at (41.4%) of 70 student and less than a half of the sample(40%) was reported at age 17-years , while the lowest number (n = 2; 2.9%) who age 20-years”.(9)

Hassan conducted a local study in Al-Diwanyah City,Iraq to study the percent of study sample were within age group (18-19) years old at 52.9% of 240 students. (10)

Another study conducted in Iraq ,finds that most of the students are between (17-20) years old who are accounted for (65%) .(11)

Regarding the monthly income,(43.9%) students are perceived somehow enough , (39.5%) enough and those who are not enough (16.6%) A study conducted in iraq by danok .the study result showed that 50.4%of students good standar of living, 41.1% with mild standard of living and 8.5% with low standard of living.(12)

A study conduct in Iraq by Hassan to assess the impact of social media ,the study results indicate that (57.9%) of the study, subjects come from family of moderate economic status.(4)

In terms of digital device the study result showed that , the majority of (75.2%) of high school female students were used Mobile phone and followed by small percentage of Laptop (14.8) and IPAD (10.5%). A study conduct in Iraq by Hassan to assess the impact of social media ,the study results indicate that(49.6%) of them are use the mobile(13)

In regards with the most common content of social media, the study showed that the most common were Entertaining (71.6%) and lowest were Sports (2%) A study conducted in Iraq showed that The most followed content by teenagers on social networking sites are fashion and fashion celebrities (14)

CONCLUSION

Social media has become an integral part of our lives, especially for adolescents, most of student expressed moderate effects of social media uses,

RECOMMENDATION:

Depending on the finding of the current study, The research recommended the ministry of education to support the school to holding courses for students on social media use and effect, the research center should be conducting more studies

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Platform related findings, the most common platform were YouTube (43.9%) and the lowest were Facebook (14.1%). A study conducted in University of Airlangga, Surabaya, Indonesia by Monique and colleagues the study presented that highest percent of study sample (71%) use Facebook.(15)

Relating to the Time spent on device use in week days ,the study showed that the majority of study sample expressed 3 to less than 5 hours in day (33.8%) and lowest were more than 7 hours (12.5%). A qualitative descriptive approach was used. Six face-to-face focus groups with a total of 27 participants between the ages of 18 and 22. Participants put a lot of effort into what they post, were careful to choose the best photos of themselves, and placed great importance on receiving likes and comments. Young women report spending significant amounts of time on Instagram watching and following others (eg, peers, celebrities, and models). (16)

A study conducted by Andrew and colleagues to assess the social media use in America and the world, the study result showed that

- Over the past decade, it has always been the case for those in

Higher-income families were more likely to use social media. More than half (56%) of those in low-income households now use social media, although growth has leveled off in the past few years.(17)

A study conducted in Australia to assess social media ,the study finding that the Social media is a growing aspect of everyday life. Between 2020 and 2021, the number of active social media users grew by 3.2% from 3.8 to 4.2 billion, with 53.6% of the world's population now actively using social media (13)

and there are significant differences in social media use among high school female with respect to their age and grad

on the impact of social media among adolescents, and Fathers, especially mothers, still have an important role to play Monitor and control the negative effects of social media use on adolescent girls,

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