



A STUDY ON SOCIAL NETWORK ADDICTION AMONG B.Ed STUDENTS

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ABSTRACT Social network addiction affects sizeable population especially the youth and it leads them to waste considerable amount of time in the internet. This involves individuals to keep thinking about social network usage increasingly in order to achieve high level of vicarious satisfaction. If they attempt to stop the usage of social network sites, they feel restless, depression and loneliness. This research article briefly describes the social network addiction of B.Ed students. In order to study the problem, the survey method was used to collect the data. The population of the present investigation is all the B.Ed students studying in Tirunelveli District. From the population, 310 students were randomly selected as the sample for the study. The finding reveals that the level of social network addiction of B.Ed students is found to be moderate. The research reveals that there is significant difference between male and female B.Ed students in their social network addiction.

KEYWORDS : Social Network, Addiction, B.ed Students

Introduction

India has a large number of teachers and needs many more. All processes of teacher recruitment, training, motivation, incentives, retention and feedback therefore have to be planned on a large scale. Further the ultimate goal of in-service teacher development should be to ensure that optimal learning takes place in the classrooms. The objectives of teacher education are development of the ability to take care of him/her in terms of, adjustment with the physical conditions, Healthy adjustment with the social environment and adjustment with himself to derive emotional satisfaction with his life. The duties of the teacher in different stages of education depend on the foundational general education of the teacher. Emphasis is to be on the practical aspects rather than theory. Social networking is a powerful tool for teachers that can be used either for personal or professional means. It allows teacher to share idea with each other^[1]. But, some users have lost their control over their internet usage and begun having problems with their functionality in personal and professional. People are getting addictive to the virtual world and the physical people interaction in the real world is passing. If the person is addictive in using internet they may have some psychological problems such as depression, anxiety, low self-esteem. Young (2007) explain the internet addiction as a new and generally an unrecognized disorder which can affect a user's online usage and his ability to control to the extent that it may cause communicational, vocational and social problems. Several studies found that participants who felt the need to have their social networks constantly accessible were more likely to report depressive mental health symptoms (Menka,2017; Garima, Piyush & Anita, 2016; Shruti & Deepti, 2015; Emre & Onur, (2012). Many social networks have nowadays emerged and they reshape people's communication, interaction, cooperation and even their learning process. The fact that an addict who does not keep in touch with his own relatives says "hello" to those on his friend-list every morning and converses with them, trying to solve their problems points to a serious contradiction.

Need and Significance of the Study

Social media is a fun interactive tool people use on a regular basis. Because you can do so many things from sharing pictures, videos, news and more, it is easy to see why people get addicted. Of course, there are some negative sides to using social media. Many people, who are addicted to social networking, spend time making sure their lives are perfect set up to post online. For example, if every waking minute is designed to perfection, so that it can be reflected on Instagram, Twitter or Face book, this is a sign of social media addiction. If a person considers how or what he or she does and where he or she goes and how it will reflect on social media, this person is so addicted to social media it is time to take a step back and consider the consequences. Any person who cannot do his or her daily chores, and instead, finds her/himself constantly on social media, is definitely addicted to it. Spending hours on social media and losing sleep because of it, is also a sign of social media addiction. There is a vast difference between staying up to complete a chore or task and staying up to make sure one does not miss

a single minute of anything being uploaded on social media. Lack of sleep can negatively affect a person's energy levels and can affect a person's disposition too. All this can affect life, negatively.

Teachers play a key role in the education and also student's life. Teaching job is a great responsibility than a mere job. It has an impact on the growth and well-being of the nation. Teacher is also a social-reformer. The other person equivalent to the teacher is a social reformer. Hence, the teacher should be free from the psychological problem. If a teacher with personal psychological problems can have a detrimental effect upon all of those students who are associated with him or her. To be a successful teacher, the teacher trainee should be able to control over the usage of social network in better manner. Therefore, this research is intended to study the social network addiction among B.Ed students.

Objectives of the Study

The researcher has framed the following objective for the present study:

1. To find out the level of social network addiction among B.Ed students.
2. To find out the level of social network addiction of B.Ed students with respect to gender.

Hypothesis

1. There is no significant difference between male and female B.Ed students in their social network addiction.

Methodology

The researcher used the survey method for the present study. For data collection, the investigator used "Social network addiction scale" comprises of 46 questions, which was developed and validated by Saiskala (investigator) and Anandaraj (Research supervisor) in 2017. The investigator has selected the sample by random sampling technique for the present study. It comprises of 310 B.Ed college students studying in Tirunelveli District. The data were analyzed using percentage analysis and 't' test.

Analysis of the Data

The data were subjected to statistical treatment leading to the findings which may satisfy the requirements of the objectives of the study.

Objective 1: To find out the level of social network addiction among B.Ed Students

Table 1: Level of social network addiction among B.Ed students

Low		Moderate		High	
No	%	No	%	No	%
46	14.8	229	73.9	35	11.3

It is inferred from the above table that 14.8% of B.Ed students have low, 73.9% of them have moderate and 11.3% of them have high level of Social Network Addiction.

Objective 2: To find out the level of social network addiction of B.Ed students with respect to gender

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Table 2: Level of social network addiction of B.Ed Students with respect to gender

Gender	Low		Moderate		High	
	No	%	No	%	No	%
Male	4	3.8	90	85.7	11	10.5
Female	42	20.5	139	67.8	24	11.7

It is inferred from the above table that 3.8% of male B.Ed students have low, 85.7% of them have moderate and 10.5% of them have high level of Social Network Addiction. 20.5% of female B.Ed students have low, 67.8% of them have moderate and 11.7% of them have high level of Social Network Addiction.

Ho1: There is no significant difference between male and female B.Ed students in their social network addiction.

Table 3: Difference between male and female B.Ed students in their social network addiction

Male (N=105)		Female (N=205)		Calculated 't' value	Remarks
Mean	SD	Mean	SD		
60.95	12.464	53.03	21.291	4.124	S

(at 5% level of significance the table value of 't' is 1.96, S- Significant)

It is inferred from the above table that there is significant difference between male and female B.Ed students in their social network addiction.

Findings and interpretation

The major findings derived from the study are:

1. The level of social network addiction among B.Ed students is found to be moderate.
2. The level of social network addiction among B.Ed students is found to be moderate with respect to gender.
3. There is significant difference between male and female B.Ed students in their social network addiction. While comparing the mean scores of male and female students, male students (mean = 60.95) are highly addicted in social network than the female students (mean = 53.03).

Conclusion

The purpose of this research is to study the social network addiction among B.Ed students. This research found that there is significant difference between the male and female B.Ed in their social network addiction. While comparing the mean scores of male and female students, male students are highly addicted in social network than the female students. This finding is agree with the finding that Kadhiravan & Sujatha (2015) who revealed that male students as well as students from Arts discipline have displayed higher internet addiction and also Cam & Isbulan (2012) found that Facebook addiction levels of males were higher than those of females. Hence, Parents should monitor their wards how much they spending on SNSs. If they spend excessive amount of time on the internet the proper guidance should be given to the pros and cons of internet. Parents and teachers should give the awareness about the effect of a false sense of connection that ultimately increases loneliness in people who feel alone. Teacher educators should educate the B.Ed students about the internet addiction and its effects. If the B.Ed students do not know the risk of SNSs addiction they can't be a dedicated teacher.

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