

SOCIAL MEDIA USAGE AMONG SENIOR SCHOOL STUDENTS IN LAGOS STATE NIGERIA: AN OVER VIEW

JOHN-OLUSOLA Beatrice Eghianruwa

Department of Educational Management, Faculty of Education,
Lagos State University, Ojo Lagos state, Nigeria.
uwaolusola@gmail.com 08066028447

Abstract

This research examines social media usage among senior secondary students in Lagos state, Nigeria. Social media usage among students has become part of the student activities, so much that it is changing the identity and attitudes or behavioural practices of several of the senior secondary school students hence the need to look into the advantage, positive impact and the disadvantage of it to the senior secondary school students who are mostly teenagers and youth. Based on these papers, it is recommended that parents and teachers should monitor and supervise the activities of their children most especially in the areas of internet and social media usage. Social media which is an important product of Computer and Internet Technologies has a growing usage level day by day. Increasing social media usage level gives opportunity for new software developments and making investments in this area. From this aspect, therefore, social media has not only economic function but also make persons participate in social life. Furthermore, it also provides opportunities for undemocratic actions and operations as in terms of democratic society life. Identifying users' habits has an important function on determining economic, social and cultural effects of social media. From this perspective, this research aims to determine social media usage habits among senior school students, thereby pointing out the benefits, positive effects and the harm done to the students.

Keywords: Social Media Usage, Senior Secondary School Students.

Introduction

In an increasingly digital age, social media has evolved into a powerful tool for students. It offers many positive impacts on their academic and personal lives. Furthermore, it has the potential to improve the behavioural practices and academic performance of students if used better. Besides being a source of information, it provides platforms for students to collaborate and communicate with teachers. There are still a lot of positive impacts of social media on students. There are also several negative impact of social media on the students. Social media is a big part of many students especially teens' lives. A 2018 Pew Research Center survey of nearly 750 13- to 17-year-olds found that 45% are online almost constantly and 97% use a social media platform, such as YouTube, Facebook, Instagram or Snapchat.

Modern technology in communication no doubt has turned the entire world into Global village. But as it is, technology like two sides of a coin, bring with it both the negative and positive sides. It helps to be better informed, enlightened, and keeping abreast with world developments. The world is now a global village where the whole world is now compressed into a single electronic chat room.

Social Media Usage

Concept of Social Media:

Social media is that means that employs mobile and web based technology to create highly interactive platforms via which individuals and community share, co-create, discuss and modify user-generated content (Kietzmann, 2012). Social media is a phrase being tossed around a lot. It is a website that does not just give one information but interact with one while giving one information. It is a group of internet based applications that allows the creation and exchange of users generated content. It is easy to confuse social media with social news because people often refer to members of the news as the media. Adding to it, that social news site is also social media site. Some media website includes: Facebook, YouTube, Instagram, TikTok, WhatsApp, WeChat, X.com, Telegram, Snapchat, and many more. Social media refers to the means of interaction among people in which they create, share, exchange and comment among themselves in different networks. Andreas and Michael (2010) are of the opinion that social media is a group of internet based applications that builds on the ideological foundation and allows the creation and exchange of users – generated content. Social media has become one of the major channels of chatting through platforms such as 2go, BB chat, blogger and wikipedia. There has been an increase in the mobile social media which has created new opportunities for browsing.

The internet usage effect of social media, in views of Nielsen (2012) is that, students continue to spend more time on the social media than any site. The total time spent on social media across mobile devices increased by 37%, 121 billion minutes in July 2012 compared to 88 billion minutes in July 2011. Social networking sites, as well as email, instant messaging, blogging, and online journals have completely changed the way that adolescents interact and gather information (Bonds Raacke & Raacke, 2008).

Teenagers have become accustomed to this lifestyle much more than older generations have in recent years, as this way of living is all they know (Lewis, 2008). Teenagers now use the social media for the majority of their daily activities and information gathering, as opposed to older generations who used resources like the television or newspaper (Lewis, 2008). A recent survey showed that approximately ninety percent of teens in the United States have Internet access, and about seventy-five percent of these teens uses social media more than once per day (Kist, 2008). This study also showed that approximately half of all teens who have Internet access are also members of social networking sites, and use the Internet to make plans and socialize with friends (Kist, 2008). As one researcher stated, “Teens use the

social media as an extension of their personality, to show their friends – and the world – who they are, what they care about, and to build connections with other like-minded people” (Goodman, 2007, 84). It is estimated that the vast majority of teenagers in Nigeria visit at least one social networking site approximately twenty times each day (Peter & Valkenburg, 2009).

Advantages or Benefits of Social Media Usage among Senior Secondary Students

It is not everything about Social media that is bad, social media usage like every other also has its positive and negative sides, it has its benefits and harmful sides, however, some of these benefits and harm done by social media usage and the positive effects are discussed here.

Social media benefits

Social media allows the user to create online identities, communicate with others and build social networks. These networks can provide the students with valuable support, especially helping those who experience exclusion or have disabilities or chronic illnesses.

Students also use social media for entertainment and self-expression. And the platforms can expose them to current events, allow them to interact across geographic barriers and teach them about a variety of subjects, including healthy behaviors. Social media that's humorous or distracting or provides a meaningful connection to peers and a wide social network might even help the student to avoid depression.

Social media exposes them to a better way of doing things, help them to be better informed and create awareness of what is happening around the world, it especially help them in doing their difficult assignments, even be taught by teacher on YouTube on any difficult topic.

Disadvantages of Social Media Usage

However, social media use can also negatively affect students, distracting them, disrupting their sleep, and exposing them to bullying, rumor spreading, unrealistic views of other people's lives, wasting their time unnecessarily, affecting their attitude because they want to copy others unrealistic behaviour and peer pressure. The risks might be related to the extent to which the students of senior secondary school use social media.

A 2019 study of more than 6,500 12- to 15-year-olds in the U.S. found that those who spent more than three hours a day using social media might be at heightened risk for mental health problems. Another 2019 study of more than 12,000 13- to 16-year-olds in England found that using social media more than three times a day predicted poor mental health and well-being in teens.

Other studies also have observed links between high levels of social media usage and depression or anxiety symptoms. A 2016 study of more than 450 teens found that greater social media use, nighttime social media usage and emotional investment in social media — such as feeling upset when prevented from logging on — were each linked with worse sleep quality and higher levels of anxiety and depression.

How students use social media also might determine its impact. A 2015 study found that social comparison and feedback seeking by students using social media and cellphones was linked with depressive symptoms. In addition, a small 2013 study found that older adolescents who used social media passively, such as by just viewing others' photos, reported declines in life satisfaction. Those who used social media to interact with others or post their own content didn't experience these declines.

And an older study on the impact of social media on undergraduate college students showed that the longer they used Facebook, the stronger was their belief that others were happier than they were. But the more time the students spent going out with their friends, the less they felt this way. Due to students' impulsive natures, experts suggest that students who post content on social media are at risk of sharing intimate photos or highly personal stories. This can result in being bullied, harassed or even blackmailed. Students being youth and teens often create posts without considering these consequences or privacy concerns.

Positive effects of social Media on Students

Connectivity

Social media served as a multifaceted tool encompassing communication, information sharing, and networking. During the COVID-19 pandemic, social media has offered several platforms for academic collaboration. Every School have harnessed the power of social media to continue the studies of students. Furthermore, it has enabled students to connect with peers for group projects, share resources, and seek help with coursework.

Assistance in Studies

The greatest power of social media is getting information on several topics. Social media provides access to a wide range of educational content and news for enhancing learning. Millions of students have cleared their doubts by looking for the answers on the internet.

Mental and Social Well-being

Social Media fosters a personal connection, helping students maintain social ties, even at a distance. It has definitely maintained if not improved the mental and social well-being of students. Social media has brought the community of students together in real-time, wiping off the real-world distance.

Skill Development

Social media often help to encourage skill development and creativity. Many students learn and explore new skills platforms like YouTube. The platform helps them to find tutorial courses and resources on various topics, such as coding, art, cooking and more. It also helps students to learn new skills, share their creations, and connect with others who have similar interests.

Social media can be a valuable tool for students who want to explore and pursue career opportunities. Platform like LinkedIn allow students to connect with industry professional and keep them updated on job openings and internships. Students can also showcase their achievements, projects, and skills on social media, which can attract the attention of potential employers or collaborators.

Conclusion

There are several positive effects of social media on senior secondary school students. It helps students connect with each other, collaborate academically, and access educational resources.

Additionally, it has served as a platform for skill development and has opened up new career opportunities for students. Responsible and moderate use of social media is important for students, but it can also be valuable for growth.

As good and with positive values that students gets from social media there are also several negative, which is why the usage should be controlled and the need to inform and educate the students on both the positive and negative influence of social media usage.

Recommendation

1. The parents and teachers need to set reasonable limits, by talking to students and children on how to avoid letting social media interfere with their activities, such as sleep, meals or homework. Bedtime routine should be encouraged such that avoids electronic media usage and keep cellphones and tablets out of children' reach or bedrooms. Set an example by following these rules yourself.
2. The parents need to once a week or more monitor their children's accounts. Let them know that you'll be regularly checking their social media accounts. Make sure follow through.
3. There should be strict rules and regulations on the use of hand held devices in the school and this should be strictly monitored.
4. The students need to be educated on the use of social media, its influence, advantages and its impact on the students should be discussed by the teachers and even the parents

5. The student need to be educated on the negative influence and danger of social media usage and discourage them from gossiping, spreading rumors, bullying or damaging someone's reputation — online or otherwise. They should be taught on what is appropriate and safe to share on social media.

6. Parents need to encourage face-to-face contact with friends. This is particularly important for students who are vulnerable to social anxiety disorder.

Reference

Bieber E.D (expert opinion). Mayo Clinic. Dec. 4, 2019.

Bonds-Raacke, J. & Raacke, J. (2008). MySpace and facebook: Applying the uses and gratifications theory to exploring friend-networking sites. *CyberPsychology and Behavior*, 11, 169-1

Chou HT, et al. "They are happier and having better lives than I am": The impact of using Facebook on Perceptions of others' lives. *Cyberpsychology, Behavior and Social Networking*. 2012; doi:10.1089/cyber.2011.0324.

Council on Communications and Media. Media use in school-aged children and adolescents. *Pediatrics*. 2016; doi:10.1542/peds.2016-2592.

Brown A, et al. Beyond 'turn it off': How to advise families on media use. *AAP News*. 2015; <https://www.aappublications.org/content/36/10/54>. Accessed Dec. 19, 2019.

Hoge E, et al. Digital media, anxiety, and depression in children. *Pediatrics*. 2017; doi:10.1542/peds.2016-1758G.

Kist,W. (2012). Class get ready to tweet: Social media in the classroom. *Our children*. Retrieved from <http://files.eric.ed.gov/fulltext/EJ991339.pdf>.

Kombol. M. A. (2014). Uses of Social medial among selected labour unions in Abuja, Nigeria (January, 2012)"oil subsidy" Removal protest. Retrieved from URL:<http://dx.doi.org/10.11114/smc.v2i1,401>.

Kross E, et al. Facebook use predicts declines in subjective well-being in young adults. *PIOS One*. 2013; doi:10.1371/journal.pone.0069841.

LeBourgeois MK, et al. Digital media and sleep in childhood and adolescence. *Pediatrics*. 2017; doi:10.1542/peds.2016-1758J.

Nesi J, et al. Using social media for social comparison and feedback-seeking: Gender and popularity moderate associations with depressive symptoms. *Journal of Abnormal Child Psychology*. 2015; doi:10.1007/s10802-015-0020-0.

Peter, J. & Valkenburg, P. (2009). Social consequences of the internet for adolescents: A decade of research. *Psychological Science*, 18(1), 1-4.

Riehm KE, et al. Associations between time spent using social media and internalizing and externalizing problems among US youth. *JAMA Psychiatry*. 2019; doi:10.1001/jamapsychiatry.2019.2325.

Tamilore .O. 23 Top Social Media Sites to Consider for Your Brand in 2024. <https://buffer.com/library/social-media-site/amp/> . 20 Nov 2023.

- Talking to kids and teens about social media and sexting — Tips from the American Academy of Pediatrics. American Academy of Pediatrics. <https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Talking-to-Kids-and-Teens-About-Social-Media-and-Sexting.aspx>. Accessed Nov. 19, 2019.
- Teens, social media & technology 2018. Pew Research Center. <https://www.pewresearch.org/internet/2018/05/31/teens-social-media-technology-2018/>. Accessed Nov. 11, 2019.
- The Positive Effects of Social Media on Students <https://www.krmangalamurgoan.com>. Accessed Oct 2023.
- Verduyn P, et al. Passive Facebook usage undermines affective well-being: Experimental and longitudinal evidence. *Journal of Experimental Psychology. General*. 2015; doi:10.1037/xge0000057.
- Viner RM, et al. Roles of cyberbullying, sleep, and physical activity in mediating the effects of social media use on mental health and wellbeing among young people in England: A secondary analysis of longitudinal data. *The Lancet. Child & Adolescent Health*. 2019; doi:10.1016/S2352-4642(19)30186-5.
- Woods HC, et al. #Sleepyteens: Social media use in adolescence is associated with poor sleep quality, anxiety, depression and low self-esteem. *Journal of Adolescence*. 2016; doi:10.1016/j.adolescence.2016.05.008.