

# “Factors of Social Networking Towards the Development of Self-Esteem, Social Skills and Learning Behavior Among Adolescents”

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*Abstract: The fundamental object of the current research was to identify the factors of social networking sites in the development of self-esteem, social skills & learning behavior among adolescents in Malaysia, for this purpose sample of 220 students were randomly selected from different seven schools in Johor Bahru town of Malaysia. The obtained primary data was statistically analyzed by descriptive statistics through SPSS 20 version. Results demonstrated that Instant messenger is the most prevailing factor in contributing the self esteem, social skill & learning behaviour. Further it is also unveiled that social network sites viz Facebook, Twitter and YouTube have their influence on adolescent development. The research also gives the detailed descriptive discussion about how the social networking contributes towards the development of selected variables.*

*Index Terms: Adolescents, Social Networking, self-esteem, Learning Behaviour*

## I. INTRODUCTION

In present times the escalation of social networking connects billions of users around the globe, particularly youngsters. These social networking sites give a form of online identity to their users. The world's largest social network site Facebook has 2.27 billion monthly active users; everyday 5 lakh new users are added in this network. Other network sites like Instagram has 1 billion monthly active users, among which 60.4% users are between the age group of 18 and 24 years. YouTube the second largest search engine and third most visited social network after Facebook has 1.3 billion users, among them 62% are males and 38% are female users [1]. World Wide Web has totally changed the individual's way of communication[7]. Through social networking people impart their personal data by posting photographs and blogs [6]. It is unveiled that Facebook use increase students motivation [9]. Successive utilization of social networks improves physiology as well as psychology health of user enhance social self-worth[8][14][15].

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Social networking “the act of engagement” positively as well as negatively effects on the individual health and behavior. unveiled that people who are engaged in online chatting, showed higher levels of self-esteem[12]. On the other side [2]confirmed high self-esteem directly, where as low self-esteem indirectly influences the Facebook use for social interaction. People with low self-esteem favored online social connection over face to face meeting because the internet can alleviate their social anxiety [17]. Simultaneously, viewing profile picture by users increases there level of self-esteem[3] however experiencing envy from Facebook negatively influences life satisfaction (Krasnova, Wenninger, Widjaja, & Buxmann, 2013), sometimes leads depression [11]. Use of social networking improve student writing skills and reduce spelling [18]. However, reported that cyber-bullying, online aggression and harassment, Facebook depression, and privacy concerns are also associated with usage of social networking.

## II. OBJECTIVE

To explore the factors of social networking towards the development self-esteem, social skill and learning behavior of adolescents.

## III. PARTICIPATES

Sample of 220 students selected through simple random sampling technique from 7 secondary schools in Johor Bahru, Malaysia was participated in the study. The samples were selected from those schools having internet services and are located within 30Km from the Johor Bahru town of Malaysia.

## IV. PSYCHOLOGICAL TOOLS

Self-Esteem Scale constructed by Rosenberg (1965) was used for the assessment of participant's self-esteem, and for other two variables, self administrated questionnaire were used. Self administrated tools were adopted by the items selected from Internet Addiction Test, R-UCLA Loneliness Scale Social Interaction Anxiety Scale, and the rest of the items (statements) are constructed by the researcher himself.



**V.RESULTS**

To achieve the objective of the present study, ten itemed questionnaire for all the three variables (self-esteem, social skill and learning behaviour) were administrated, for each item five point Likert scale were used. The obtained data of each variable was statistically analyzed through descriptive statistics and the findings are shown as in table given below:

**Self-Esteem**

**Table 1: Mean, S.D and Percentage of respondents on the based on self-esteem statements**

Statement	Strongly Agree	Agree	Not Sure	Disagree
“On the whole, I’m satisfied with myself.”	40	68	88	13
	-18.30%	-31.10%	-	-5.90%
“At least I think I’m good at all.”	18	34	68	79
	-8.20%	-15.50%	-	-36.10%
“I feel that I have number of good qualities.”	33	77	90	14
	-15%	-35%	-	-6.40%
“I’m able to do things as well as most other people.”	34	89	71	17
	-15.70%	-41%	-	-7.80%
“I feel I do have much to be proud of.”	23	35	67	78
	-10.50%	-15.90%	-	-35.50%
“I certainly feel useful.”	27	36	62	70
	-12.60%	-16.80%	-	-32.70%
“I feel that I’m a person of worth, at least on an equal plane with others.”	29	82	82	12
	-13.40%	-37.80%	-	-5.50%
“I have more respect for myself.”	7	13	37	107
	-3.20%	-6.00%	-	-49.50%
“All in all, I’m inclined to feel that I am a success.”	41	48	74	39
	-19%	-22.20%	-	-18.10%
“I take a positive attitude toward myself”.	52	96	53	10
	-23.90%	-44%	-	-4.60%
<b>OVERALL</b>				
<b>Statement</b>		<b>Strongly Disagree</b>	<b>Mean</b>	<b>S.D</b>
“On the whole, I’m satisfied with myself.”		10	2.47	1
		-4.60%		
“At least I		20	3.22	1.08

think I’m good at all.”		-9.10%		
“I feel that I have number of good qualities.”		6	2.47	0.92
		-2.70%		
“I’m able to do things as well as most other people.”		6	2.41	0.94
		-2.80%		
“I feel I do have much to be proud of.”		17	3.14	1.11
		-7.70%		
“I certainly feel useful.”		19	3.08	1.16
		-8.90%		
“I feel that I’m a person of worth, at least on an equal plane with others.”		12	2.52	0.98
		-5.50%		
“I have more respect for myself.”		52	3.85	0.96
		-24.10%		
“All in all, I’m inclined to feel that I am a success.”		14	2.71	1.16
		-6.50%		
“I take a positive attitude toward myself”.		7	2.19	0.96
		-3.20%		
<b>OVERALL</b>			<b>2.81</b>	<b>1.03</b>

While investigating the effect of self-esteem on online social networking, it is found that its effect contributes 41.5 % (n=917) to online social networking with the mean 02.81 and SD 01.03 respectively.

In the effect of self-esteem the statement; “*I have more respect for myself*” shows the highest mean 03.85 with SD=0.9627. It is also found that very least 03.2% (n=7) respondents are strongly agree and 06% (n=13) are agree with this statement. However, 17.1% (n=37) not sure, 49.5% (n=107) disagree and 24.1 % (n=52) are strongly disagree with the statement.

The statement which comes at second level in self-esteem effects is “*At least I think I’m good at all*”. The mean and SD of this statement were found 03.22 and 01.08. It is confirmed that 08.2% (n=18) strongly agree, 15.5% (n=34) agree and 31.1% (n=68) not sure with the statement. However, the majority 36.1% (n=79) respondents showed disagree and 09.1% (n=20) strongly disagreement.

The item “*I feel I do have much to be proud of*” comes at third level because of its mean (M=03.14 and SD= 01.11) as compared to the other statements. For this statement, it was evident that 10.5% (n=23) participants were strongly agree and 15.9 % (n=35) are agree with the

statement. Also it is found that 30.5% (n=67) were not sure, 35.5 % (n=78) disagree while as 07.7% (n=17) respondents are strongly disagree with this.

The statement “*I take a positive attitude toward myself*” has lowest mean compared to the other statements which totals 02.19, SD=0.96. It is found that 23.9% (n=52) claim strongly agree and the majority 44% (n=96) is agree with the statement. While 24.3% (n=53) are not sure, 04.6% (n=10) are disagree and least 03.2% (n=7) of respondents are strongly disagree with the statement.

**Social Skills**

**Table 2: Mean, S.D and Percentage of respondents on the based on social skills statements**

Statement	Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree	Mean	S.D
“When I talk to someone, I try to put myself in his or her shoes”	49 (22.4 %)	92 (42%)	60 (27.4 %)	7 (3.2 %)	11 (5.0 %)	2.26	1.01
“I say or do insensitive things that upset my friends or co-workers.”	12 (5.5 %)	51 (23.2 %)	93 (42.3 %)	93 (19.1 %)	22 (10.0 %)	3.05	1.02
“People tell me that I behave inappropriately in social situations.”	9 (4.1 %)	33 (15.0 %)	82 (37.3 %)	62 (28.2 %)	34 (15.5 %)	3.36	1.04
“I consider how others will be affected by my words and actions.”	44 (20.0 %)	89 (40.5 %)	65 (29.5 %)	9 (4.1 %)	13 (5.9 %)	2.35	1.03
“I know all the important information about what is happening in my group of friends.”	28 (12.7 %)	92 (41.8 %)	70 (31.8 %)	28 (12.7 %)	2 (0.9 %)	2.47	0.90
“My facial expressions generally mirror the situation.”	44 (20.0 %)	75 (34.1 %)	65 (29.5 %)	27 (12.3 %)	9 (4.1 %)	2.46	1.07

“After using social networking, I felt more comfortable to socialize with my friends.”	37 (16.9 %)	75 (34.2 %)	55 (25.1 %)	44 (20.1 %)	8 (3.7 %)	2.59	1.09
“I like to social with my friends on the social networking sites rather than meet them.”	30 (13.6 %)	44 (20.0 %)	54 (24.5 %)	63 (25.6 %)	29 (13.2 %)	3.08	1.25
“I socialize better after using social networking sites.”	40 (18.3 %)	57 (26.0 %)	75 (34.2 %)	34 (15.5 %)	13 (5.9 %)	2.65	1.12
“I’m no longer shy to socialize after using the social networking sites.”	28 (12.7 %)	52 (23.6 %)	85 (38.6 %)	39 (17.7 %)	16 (7.3 %)	2.83	1.09
<b>OVERALL</b>						<b>2.71</b>	<b>1.06</b>

In the social skills effect on social networking it is found that 44.7% (n=981) of the social skills effects do contribute to online social networking with the mean 02.71 and standard deviation 01.06.

In social skill it is found that the statement; “*People tell me that I behave inappropriately in social situations*” provides the highest mean, (M=03.36, SD=01.04) than other statements. Further the findings shows that least 04.1% (n=9) respondents are strongly agree and 15 % (n=33) agree with this statement. It is also found that majority 37.3% (n=82) are not sure, 28.2% (n=62) disagree and 15.5 % (n=34) are strongly disagree with the statement.

The close view of the table indicates that the statement “*I like to social with my friends on the social networking sites rather than meet them*” have the second highest mean (M=03.07, SD=01.25). The findings also showed that 13.6% (n=30) respondents are strongly agree and 20% (n=44) are agree with it, also 24.5% (n=54) were found not sure, 25.6% (n=63) disagree and 13.2% (n=29) are strongly disagree with the statement.

The item “*I say or do insensitive things that upset my friends/co-workers.*” gives the third highest mean compared to the others with 03.05 and SD=01.02. The results in the social skills table also divulge that 05.5%

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(n=12) are strongly agree, 23.2% (n=51) agree, 42.3% (n=93) not sure, 19.1% (n=93) disagree, and 10.00 % (n=22) are strongly disagree with the statement respectively.

The statement which shows the lowest mean in social skills table is “*When I talk to someone, I try to put myself in his/her shoes*”. The mean and SD of this

statement were found to be M=02.26, and SD=01.01 respectively. The results also revealed that 22.4% (n=49) claim they are strongly agree, 42% (n=92) agree 27.4% (n=60) are not sure, 03.2% (n=7) disagree and 05.00% (n=11) respondents are strongly disagree with the statement.

### Learning Behaviour

**Table 3: Mean, S.D and Percentage of respondents on the bases of learning behaviour statements**

Statement	Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree	Mean	S.D
“Getting myself in the internet help me in my studies.”	46 (20.9%)	74 (33.6%)	55 (25.0%)	30 (13.6%)	14 (6.4%)	2.59	1.75
“I get better results after involving myself in the social networking sites.”	12 (5.5%)	48 (21.8%)	96 (43.6%)	47 (21.4%)	17 (7.7%)	3.04	0.98
“I can find a lot of friends which have the same interest in learning through social networking.”	47 (21.5%)	76 (34.7%)	64 (29.2%)	26 (11.9%)	6 (2.7%)	2.39	1.04
“Social networking helps me to discuss about new knowledge in school.”	56 (25.5%)	74 (33.6%)	58 (26.4%)	21 (9.5%)	11 (5.0%)	2.35	1.11
“Social networking is one of the medium used to gain knowledge in my learning.”	39 (17.7%)	94 (42.7%)	61 (27.7%)	16 (7.3%)	10 (4.5%)	2.38	1.01
“Social networking helps me to excel in my studies.”	25 (11.5%)	61 (28.0%)	75 (34.4%)	47 (21.6%)	10 (4.6%)	2.79	1.05
“I know how to divide my time when between social networking and study.”	31 (14.2%)	66 (30.1%)	72 (32.9%)	40 (18.3%)	10 (4.6%)	2.67	1.07
“I can discuss and change information with friends or experts about any knowledge in social networking.”	44 (20.0%)	93 (42.3%)	58 (26.4%)	13 (5.9%)	12 (5.5%)	2.35	1.04
“I have no problem with my study since social networking is part of my life.”	22 (10.0%)	64 (29.1%)	84 (38.2%)	32 (14.5%)	18 (8.2%)	2.82	1.06
“Social networking helps me in my schoolwork.”	33 (15.0%)	80 (36.4%)	56 (25.5%)	39 (17.7%)	12 (5.5%)	2.62	1.06
<b>OVERALL</b>						<b>2.06</b>	<b>1.12</b>

One of the effects that may contribute to the online social networking is learning behavior. The findings from the table show that 49.4% (n=1085) of the learning behaviour effects contribute to online social networking with the mean 02.06 and standard deviation 01.12.

In learning behaviour the statement; “*I get better results after involving myself in the social networking sites*” have the highest mean 03.04 and SD=0.98 than other statements. It is also found that 05.5% (n=12) strongly agree and 21.8% (n=48) agree with the statement. However, 43.6%

(n=96) are not sure, 21.4% (n=47) disagree and 07.7% (n=17) are strongly disagree with the statement.

The statement “*I have no problem with my study since social networking is part of my life*” shows the second highest mean value for self esteem effects. It is evident from the table that the mean of this statement were found 02.82 with SD=01.06). It is reported that 10% (n=22) of

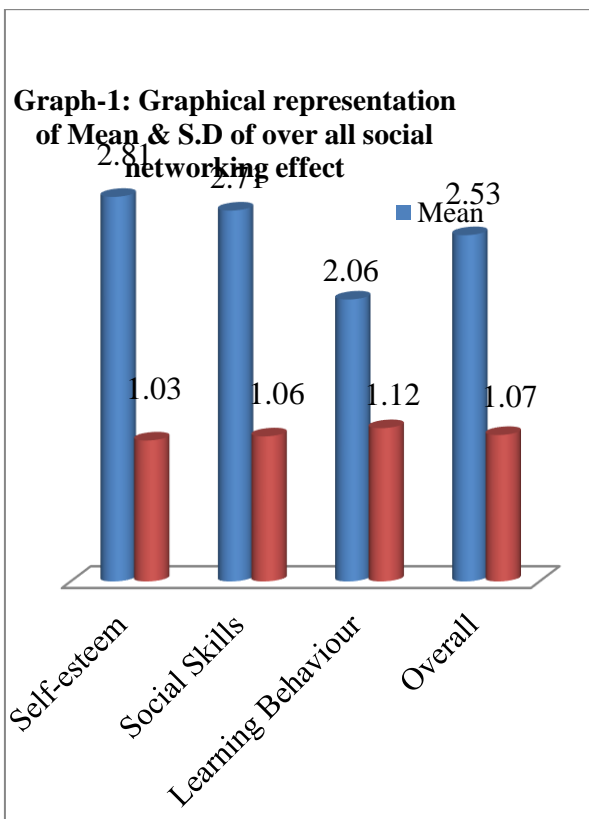
respondents are strongly agree and 29.1% (n=64) are agree with this statement. Results also show that 38.2% (n=84) are not sure, 14.5% (n=32) disagree and 08.2% (n=18) respondents are strongly disagree with the statement respectively.

“*Social networking helps me to excel in my studies*” comes at third level due to its mean compared to the others. The mean and SD was found 02.79 and 01.05 respectively. For it is also confirmed that 11.5% (n=25) respondents are strongly agree and 28 % (n=61) are agree with the statement, while 34.4% (n=75) are not sure, 21.6 % (n=47) are disagree and 04.6% (n=10) respondents are strongly disagree with the statement.

The statement “*I can discuss and change information with friends or experts about any knowledge in social networking*” have lowest mean compared to the other



statements which totals 02.34 and SD=01.07. The findings shows that 20% (n=44) claim strongly agree and 42.3% (n=93) are agree with the statement. Further it is also revealed that 26.4% (n=58) are not sure, 05.9% (n=13) feels disagree and 05.5% (n=12) are strongly disagree with the statement respectively.



The findings also demonstrated that self-esteem is the more effected by online social networking. The mean (M=02.81) of self-esteem were found more than mean of social skills (M=02.71) and learning behaviour (M=02.06) respectively. On the basis of the findings it is confirmed that self-esteem is more affected by online social networking than social skills and learning behaviour. Further the overall average for online social networking effects were found 02.53 and S.D of 01.07.

## VI. DISCUSSION

The findings of the present study demonstrated that self-esteem is the highly effected by online social networking than social skills and learning behaviour. Same findings are reported [10]they unveiled that social networking impacts the self-esteem and psychological wellbeing. It is also reported that Facebook positively influences self-esteem and well-being enhance self-esteem and foster positive self-esteem and overall well-being [4][5][13][16].

Instant Messenger was found strong contributor in “self-esteem, social skills and learning behaviour”, followed by Blogging, Twitter, and You Tube. Simultaneously Facebook was found the weakest contributor in “self-esteem, social skills and learning behaviour”. It is also believed that Internet Messenger easy to use, more useful

and favorable. Apart from that, it is also revealed that social networking is an influential variable in self-esteem social skills and learning behaviour.

## VII. CONCLUSION

Since past few decades online social networking becomes one of the common communication means among the students. Now a day’s these sites provides various useful features through them students learn various things, so every adolescent shall have a social networking account they remain up to date about the world.

The present study highlights the merits as well as the demerits of social networking. Further the study is expected to be the beneficial for the society. The findings will be useful for the future researcher and the readers. Further it is also expected that proper use of social networking will contribute towards child’s learning behaviour.

Educational institutions should mention social networking as part of curriculum. Teachers ought to be increasingly inventive in adjusting the social network into the classroom. In present times conventional learning is not much beneficial because students’ wants to be free and learn only through social network like Facebook, YouTube etc. therefore it is responsible for teachers to use new method for their students like online social networking.

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