



The Effects of Social Media on the Medical students

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Abstract:

Background: In recent years, social media like Facebook, Instagram, tik tok, telegram, and YouTube have become the most visited websites in the world, with Facebook topping the list and recently the use of social networking sites has grown tremendously especially among the students. However, very little information's are known about the scale and purpose of use, how students use these sites and, more specifically, whether these sites help or hurt their academic progress.

Aims of the study: The purpose of this study is to explore the impact of social media on undergraduate medical students of Babylon University.

Method: A research questionnaire was designed to determine the factors of social media that have impact on students. Variables identified are type, duration of use of social media used, effect on study timings, time and duration of sleep at night, the number of days per week, benefit in the medical field, effect on scientific level, continuous sharing with teacher on these sites, and benefit from site of medical college. About 242 undergraduate medical students were randomly selected the study revealed that the

Results and discussion: highest percentages of students That the highest percentages of students in used Instagram and telegram more than other types of social media and spend about 6 hours on internet. In addition to that higher percentage of students had a benefit from site of medical college and they had same or increased scientific level, moreover there was relation between duration of use of social media and sleep with study timings and scientific level

Conclusion: Our study concluded that most of students in all groups use only two types of these media, majority of students spend all days of the week using these media, there was continuous sharing with teachers and in most of students there was a benefit from site of medical college. The study also showed that duration of use of these networks has an effect on scientific level of students and most of students has the same or increased scientific level .

Key words: Social networking websites, duration of sitting, students.

Introduction:

Social media is “the relationships that exist between network of people” (1) People around the world are grateful to the invention of social media, men and women now exchange ideas, feelings, personal information, pictures and videos at a truly astonishing rate (2). Every day ,many students are spending countless hours immersed in social media, such as Facebook, YouTube, Twitter, My Space, and others (3). At first glance this may seem like a waste of time; however it also helps students to develop important knowledge and social skills. At present, whether social media is favorable or unfavorable, many students utilize these sites on a daily basis (4,5) Of all the social networking sites, Facebook is by far the most popular and most frequently used among college students, the number of Facebook users boosts up day by day (6,7). Apart from the positive sides of Facebook, it also has some negative effects also. Use of technology such as internet is one of the most important factors that can influence educational performance of students positively or adversely (8,9,10). Sparrow et al., (2010) proposed that student users are affected by the internet and this impact is determined by the type of internet usage, they are positively affected by the informative use of internet while having drastic impact of recreational use of internet on them(11)The University of New Hampshire said that a majority of students use social networking for social connections and entertainment, but are also using it for education and professional reasons, their research shows that 63% of heavy users received high grades, compared to 65% of light users' (12). Some researchers found a Positive association between use of social Media and academic performance of the Student users. Students, using these media Frequently, scored higher on reading skills Test and had higher grades as well (13). However, Enriquez, (2010) found a Continuing drop of grades among student Users of social networking sites (14). Many Researchers and parents are worried that Their college students are spending too Much time on social media sites and not Enough time studying (15). Therefore, this Study aimed to explore the relationship Between social networks and impact on Students” academic performance.

Method:

Take a questioner from student

Results:

1-type of social media: Instagram most predominant social website used by students and the least websites used was tik tok and YouTube together as clarified in table

2-Duration use of social media: Duration of use of social media (6h) per day was predominant but some students spent even(4h) so effect negative .70.7 % of student's relationship effect with social media so effect negative

3-Effect of sleep at night: 84.7% of student's effect on sleep at night with social media effect negative

4-Benefit of use of social media in the Medical field of student's: most student get benefit from use of social media for medical purposes, the percentage of students who had benefit from their use was 55.8% while the percentage of students how had not benefit from their use was 10.7% so effect positively

5- The result suggest that majority 90.1%belive that social media site do have negative physiological and social effect while only 9.9%disagree this indicates a significant concern among respondent regarding the impact of social media on both physiological well-being and social interaction.

6-When there are 65% of student use social media do exchange knowledge and education, that mean it achieve largest benefit comparezim to students don't use 5% so effect is positive. 89 %

7- of students use social media allocated their studying. During search for the Effects of Social Media on Students study we found 89%of student their time for study is effectively reduce while 93%of student their level of constriction while studying is effective.

What are the most used site	Instagram	61.6%
	Telegram	21.9%
	YouTube	9.5%
	Tik Tok	7%
Do social media site have negative physiological and social effect	Yes	90.1%
	NO	9.9%
Dose social media effect the level of isolation among student	Yes	70.7%
	No	29.3%
Dose using social media effect concentration while studying	Yes it affect	53.3%
	No doesn't affect	18.6%
	It affects a little	1.28%
Dose the use of social media affect the adequate sleep period among medical group students	Yes it affect	84.7%
	Doesn't affect	15.3%
Dose the social media effect opportunities to learn from the experience of other and share knowledge and skills	It affect	55.8%
	Doesn't affect	10.7%
	Slightly affect	33.5%
Do social media platforms contribute to increasing study pressure and competition among student	Yes it contributes	42%
	Don't contribute	21%
	Yes it contributes a little	37%
Dose the time students spend on social media reduce their time allocated for studying	It affects a lot	89%
	Not affects	6.2%
	I don't know	4.5%
Do social media contribute to the exchange of knowledge and education resources among students	Yes it contributes	65%
	Contributes a small percentage	29%
	Doesn't contribute	5%
When you delete program do you notice an improvement in your academic level	Yes, I notice	52.9%
	No	15%
	A little	33%
Dose using social media affect concentration while studying	Yes affect	93%
	Does not affect	7%
Dose social media affect the development of medical and scientific skills	It has no effect	10%
	Yes effective	55.8%
	It affect a little	33.5%
Can social networking sites play role in enhancing communication and interaction between students and doctor	Yes, it play a big role	76.4%
	No	23.6%
Do social networking sites enable us to learn about modern educational methods	Yes through medical programs	65.3%
	Yes through quick medial news	31.4%
	no	3.3%
Do you feel addicted to social media	Yes	48.4%
	No	13.2%
	A little	38%

How many hours	4 hours	29.3%
	6 hours	36.8%
	Less than 2hours	8.3%
	8 hours or more	25.6%
How can we benefit from social networking sites in medical education	by taking information and searching it	80.2%
	by taking the information And on the source it is not possible on.	13.2%
	taking information from the source	6.6%

Discussion:

According to Elphinston and Noller (2011), social network websites grab Attention of the students and then diverts Them towards non-educational and Inappropriate actions including useless chatting, on the basis of the above Statement we can say that social Networking sites may badly affect the Academic life and learning experiences of The student (16). Whereas on the other hand, Nicole et al., (2012) reviewed that the students are Socially connected with each other for Sharing their daily learning experiences and do conversation on several topics (17). From a sample of 242 students we found That all the students used one or more Social media. The Social networking sites that students used for academic purposes included telegram and You Tube. Tik tok was the Least used of all the websites, the students Found Instagram and telegram easier to use and this wasn't consistent with a study done by Ellison et al.,2007 (18). This study also revealed that the higher Percentages of students in all groups Reported that there was effect of social Media on their study timings Because most students spent 6Hours per day in addition they had more Friends online than real life. In addition, there was more negative effects of social media on scientific level and this Disagree with a study by Shahzad Khan (2012) (19), this might be due to most Students, as found in the results, remain Many hours on internet, also they get benefit from these sites in medical field, they don't get Enough sleep.

Conclusion:

Our study has revealed that most students spent about six hours on social Media, most of them use only two types of These media, there was continuous Sharing with teacher in all groups and in Most of students, there was a benefit from Site of medical college. The study also Showed that duration of use has an effect On scientific level of students and most of Students has the same or increased Scientific level.

Recommendations:

Our recommendations were joined with Recommendations which were taken from One of the questionnaire about suggestion of students about social media, most Students wish to share information with Their teachers, formation of teaching Groups that include students and teachers On social networks to discuss important Subjects, connect with scientific sites, Control time and duration of use, beneficial Topics used, in addition site of medical College should be more developed to give More benefit for students

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