

SOCIAL MEDIA USAGE AND SOCIAL ADJUSTMENT AMONG FCE STUDENTS ZARIA, KADUNA STATE, NIGERIA

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Abstract

This paper aimed at finding out social media usage and social adjustment among Students of Federal Colleges of Education, Zaria. The study adopted a survey research design. The target population of the study were nine hundred and eighty seven (987) male and female students of Federal College of Education, Zaria. The sample of the study was 274 respondents drawn from NCE II students. Data was collected using social media usage questionnaire and social adjustment inventory of the students. The collected data was processed and analyzed using Pearson product moment correlation. All tests were done at a 0.05 level of significance. The study indicates that relationship exist between whatsapp usage and social adjustment among student with the following values; whatsapp usage and social adjustment $r=0.779$, $p=.000$. facebook and social adjustment $r=0.662$, $p=.000$. The study also indicates that relationship exists between Google usage and social adjustment $r=0.633$, $p=0.000$. From the results of the findings it is recommended that school authority should draw the attention of students on the use of whatsapp and facebook and put more emphasis on their academic work in other to adjust academically.

Keywords: Social Media Usage, Social Adjustment among College Students.

Introduction

The internet technology has certainly revolutionized the world of communication. It has not just become a means of looking for information but of social relationships and communications with other people, whether for business or commercial purpose, for making new friends, or for reconnecting with old friends and long lost relatives. Evidence suggests that social network has come to dominate the highest population of internet user (Ellison, Steinfield, &

Lampe, 2015). They further stated that among the Online Social Networks, such as Facebook, Whatsapp, Twitter, Skypad, Myspace, and 2go, facebook and whatsapp have become the most prominent tools that have gained broad acceptance among students as a means of online communication. As of January 2016, Facebook's monthly active users reached 1.55 billion, or 22 percent of the entire world's population. Other services have 900 million users (Whatsapp), and 400 million Instagram users, globally. It can be estimated that every student has a Facebook, twitter, goggle+, LinkedIn, MySpace, Whatsapp or some social media account they access daily, if not weekly. Those with mobile phones or other devices access it more since it can be suitable on the go (Asemah, Okpanchi, & Edegoh, 2013). According to Asemah, Okpanchi, & Edegoh, 2013 (2013) the word Social Media refers to the use of web-based and mobile technologies to turn communication into a communicating interchange. Social Media is a media that allow users to meet online via the internet, communicate in social forum like Facebook, Twitter, where users generally socialize by sharing news, photo, ideas and thoughts, or respond to issues and other contents with other people.

Adjustment refers to an individual general adaptation to his environment and the demands of life such as the way he relates to other people that is interpersonal behavior, handle his responsibility, deals with stress and meet his own need and life satisfaction. The society is dynamic and change is the only constant thing, so the individual's ability to review his attitude and behavior is an essential ingredient of adjustment. Social adjustment is an effort by an individual to cope with standards, values and needs of the society in order to be acceptable. It involves coping with new standards and values. In technical language of psychology getting along with the members of the society as best one can be is regarded as social adjustment. Emotional adjustment on the other hand can be described as the behavioral processes by which human being maintain equilibrium among their various need or between their need and the obstacle of environments. A sequence of adjustment begins when a need is felt and ends when it is satisfied. Hungry individuals, for instance are stimulated by their physiological state to seek food. Therefore, they reduce the stimulating condition that impelled them to activity, and there by adjust to this particular need.

Adjustment is associated with what is called living system, like system of organs. Group of individuals and social systems such as social organization, such system as regarded as open system (Baker & Sriyk, 2004). In the process of adjustment, forces are balanced naturally within the system with forces originally from the environment. In this regard, adjustment is served as a state of equilibrium, a form of balance in the person's own internal system the equilibrium concept is related to the idea of tension reduction, and lead to the definition of adjustment as a process rather than a satisfaction of need, thereby reducing tension particularly when usual ways of meeting the need are blocked (Elliot, 2005).

Social adjustment involves coping with new standards and values. In technical application, adjustment or social adjustment means getting along with members of the society as best as one can. In this regard, social adjustment means reaction to the demand and pressure of the social environment. From the development view social adjustment must represent the whole gamut of change by which an entire social system turned to that diverse basic need and desires of

individual and social groups within that system. Move away from a condition of life building perceived as unsatisfactory toward a situation (Rothbart, 2006).

Adjustment in this context is generally divided into social and personal spheres of relation. In a social context, a person might be judged as poorly adjusted when compared to some cultural norms, values judgment are often made by reference to behavior in one of several major roles areas such as work, school, leisure, or family activities. Social adjustment include how the person interacts with others or how the person confirms to social expectations (Davidson and Jackson 2000). The emotional aspect of adjustment can be determined by asking the person about his feeling, attitudes, cognitive and behavioral characteristics; only the individual can subjectively asses the degree of adjustment and satisfaction experienced (Eisenberg & Spirad 2009).

Adjustment in this context is response to the following process:

1. Some response that remove or reduce the irritating stimulus and meet up with adjustment need.
2. Lack of fulfilment need.
3. A need or motive in form of a strong persistence stimulus.

Therefore, social and cultural adjustments are similar to emotional adjustment. People strive to be comfortable in their surroundings and to have their emotional needs (such as love or affection) met through the social network they inhabit. When need arises, especially in new or change surrounding, they impel into personal activities meant to satisfy those needs. In this way, people increase their familiarity and comfort with their environment, and they can come to expect that their needs will be met in feature through their social network ongoing difficulties on social and cultural adjustment may be accompanied by activity or depression. Adjustment plays a vital role in the development of an individual. It is responsible for the organization of behavior to life situation, in every sphere.

Adjustments in school have being described as a very important aspect of student life. Teachers are advised to be more connected with the adjustment of student in school, because the primary purpose of education is to train student to be well adjusted in their social life. Human beings have the capacity to adapt to new situation, they do not only adapt to physical demands, but also adapt to social pressure. Social pressure plays and important role in the choice student make. Social media is infiltrating the educational arena. The online social networks are increasingly being used not only by college students, but also by instructors for different reasons (Mazer, Murphy, & Simonds, 2009). Hence, understanding the way individuals behave on such sites is a potentially valuable source of information for educators and researchers. The emergence of social media as a result of advancement in technology and expansion in internet software has raised eye brows among academics on its impacts on studies. Students at all levels of learning have now divided attention to studies, as a result of available opportunities to be harnessed from social media. Excessive use of the social media may affect the academic performance of students.

With so many social networking sites displayed on the internet, students are tempted to abandon their homework and reading times in preference for chatting online with friends. Many

students are now addicted to the online rave of the moment, with Facebook, and Twitter. Secondary school students have always paid a lot of attention to the presentation of self on social media sites. It seems that for most secondary school students creating networks and online content is an integral mode for the management of identity, lifestyle, and social relations. Secondary school students point at the opportunities for self-expression, sociability, community involvement, and creativity and group belongings (Akanbi, & Theophilus, 2014).

The way students manage their time is extremely important because it will boost their grades and enhance their productivity. However, most of the time students face problems like task aversion and uncertainty, so they start to procrastinate because they lack organizational skills. Unfortunately, many students mismanage their limited time. Olubiyi (2012) noted that these days, students are so engrossed in the social media that they are almost 24 hours online. Even in classrooms and lecture theatres, it has been observed that some students are always busy pinging, 2go or Facebook, while lectures are in session. Times that ought to be channeled towards learning, academic research and innovation have been crushed by the passion for meeting new friends online, and most times busy discussing trivial issues. Hence, most students' academics suffer setback as a result of distraction from the social media.

Statement of the Problem

The standard of education at all levels of educational system in Nigeria has been the main concern of everybody, most especially the educationists (Adeosun & Ajulo, 2011). The education system in Nigeria has witnessed a varying degree of problems and various challenges. Most students in colleges of education are underserved in term of development most especially when it comes to social media utilization which could not expose to adjustment. Social media is an essential ingredient for adjustment and however is becoming an area of concern in academic ground for proper adjustment of students. Therefore, if the students are not on social media infrastructures and a conducive learning environment, there is tendency of having poor adjustment which may likely affect their academic achievement or academic performances. Social media infrastructures where available, unsteady and inadequate electric power supply can undermine its successful utilization. Many of the students are not exposed to training on when, how to and where to use social media and what technology to use. They lack personal resources to acquire up-to-date information. It seems to be difficult for the students to fulfill the set goals in academic as well as poor social adjustment. It is on the basis of the above mentioned problem, this paper aimed at finding if there is relationship between social media and social adjustment among F.C.E students Zaria, Kaduna State, Nigeria.

Purpose of the study: social media usage and social adjustment among FCE students Zaria, Kaduna State, Nigeria, specifically the study sought to:

1. Determine the relationship between whatsapp usage as a component of social media and social adjustment among students of Federal College of Education, Zaria.
2. determine the relationship between facebook usage as a component of social media and social adjustment among students of Federal College of Education, Zaria.
3. To determine the relationship Google as a component of social media and social adjustment among students of Federal College of Education, Zaria.

Null Hypotheses

- i. There is no significant relationship between whatsapp usage as a component of social media and social adjustment among students of Federal College of Education, Zaria.
- ii. There is no significant relationship between facebook usage as a component of social media and social adjustment among students of Federal College of Education, Zaria.
- iii. There is no significant relationship between Google as a component of social media and social adjustment among students of Federal College of Education, Zaria.

Methodology

The design adopted in conducting this correlation design. This design according to Belue (1995) is a form of descriptive research undertaken when dealing with systematic collection of data or information from a population through the use of personal interview, opinion, scale, questionnaire and or observation. This study involves an investigation of entire population of people or items under study by collecting data from sample drawn from the population and assuming that these samples are true representation of the entire population. The population of this study was made up of some selected NCE II students of Federal College of Education, Zaria. Their number stands at nine hundred and eighty seven (987) male and female students. This is the population of the some selected NCE II students of the Federal College of Education, Zaria across the five (5) schools both male and female. The sample of this study is 270 male and female NCE II student of F.C.E, Zaria. This sample is drawn from the entire population of some selected NCE II students which is 987. The selection conforms with the Krejcie and Morgan (1970) prescription. Proportionate sampling technique was used in the allocation of sample to the various five schools. This is because the schools differ in their population and to ensure equitable distribution of the sample, proportionate sampling technique was appropriate. However the research will purposefully target NCE II students of Federal College of Education, Zaria. These students at NCE II have stayed enough in the college. However, social media usage was determined by correlating with their social adjustment. Two main instruments were used for this study. The instruments are social media usage and social adjustment inventory with four point likert scale. The instrument is comprised of three sections. Section A, Biographic Data/Socio Economic Background of the Students, section B Social Media Usage Inventory, while Section C Social Adjustment Inventory. Moreover, both instruments are adapted from Bell H.M (1994) for the purpose of this research.

The instruments are found valid and reliable for this type of research. To ascertain the validity of the instruments, scholars in the department of educational psychology and counseling of Ahmadu Bello University validated the instrument to determine content validity, their relevance and appropriateness in the study. The instruments are reliable as both have an appreciable internal consistency. Social adjustment inventory has the internal consistency of .898 while social media usage inventory has the internal consistency of .892 respectively. These reliability measures were determined by the use of Cronbach's Alpha. These reliabilities show that the instruments are reliable to collect data for the research. The instruments adapted for this study (Social adjustment and Social Media Usage Inventory Scales was administered to the respondent by the researchers. The data collected were analyzed using descriptive and inferential statistics. Pearson product moment correlation (PPMC) was used to test the study hypotheses. The hypotheses were tested at 0.05 alpha level of significance. SPSS version 20.0 was used for data calculation, analysis and storage.

Results

Test of Null Hypotheses

Null Hypothesis 1: There is significant relationship between whatsapp usage as a component of social media and social adjustment among students of Federal College of Education, Zaria.

Table 1: Pearson product moment correlation (PPMC) statistics on the relationship between whatsapp usage as a component of social media and social adjustment among students of Federal College of Education, Zaria.

VARIABLES	N	Mean	SD	df	Correlation	P matrix
Whatsapp usage	272	66.34	14.37	270	-0.779**	0.000
Social adjustment	272	64.37	12.35			

***. Correlation is significant at the 0.05 level (2-tailed)*

Results of the Pearson product moment correlation (PPMC) statistics showed that significant relationship exist between whatsapp usage as a component of social media and social adjustment. This is because the computed p value of 0.000 is lower than the 0.05 alpha level of significance at a correlation index r level of - 0.779. The relationship between the two variables is inversely proportional, this imply that whatsapp usage has relationship on students social adjustment. Therefore the null hypothesis which state that there is no significant relationship between whatsapp usage as a component of social media and social adjustment is hereby rejected.

Null Hypothesis 2: There is significant relationship between facebook usage as a component of social media and social adjustment among students of Federal College of Education, Zaria.

Table 2: Pearson product moment correlation (PPMC) statistics on the relationship between facebook usage as a component of social media and social adjustment among students of Federal College of Education, Zaria.

VARIABLES	N	Mean	Std.dev	df	Correlation	P matrix
Facebook usage	272	64.37	12.35	270	-0.662**	0.000
Social adjustment	272	33.70	8.97			

***. Correlation is significant at the 0.05 level (2-tailed)*

Results of the Pearson product moment correlation (PPMC) statistics showed that significant relationship exist between facebook as a component of social media and social adjustment. This is because the computed p value of 0.000 is lower than the 0.05 alpha level of significance at a correlation index r level of - 0.643. The relationship between the two variables is inversely proportional, this imply that facebook usage has relationship on students social adjustment. Therefore the null hypothesis which state that there is no significant relationship between facebook usage as a component of social media and social adjustment is hereby rejected.

Null Hypothesis 3: There is significant relationship between Google as a component of social media and social adjustment among students of Federal College of Education, Zaria.

Table 3: Pearson product moment correlation (PPMC) statistics on the between Google as a component of social media and social adjustment among students of Federal College of Education, Zaria

VARIABLES	N	Mean	SD	df	Correlation	P
Google	272	64.37	12.35	270	-0.633**	0.000
Social adjustment	272	33.70	8.97			

***. Correlation is significant at the 0.05 level (2-tailed)*

Results of the Pearson product moment correlation (PPMC) statistics showed that significant relationship exist between Google as a component of social media and social adjustment. This is because the computed p value of 0.000 is lower than the 0.05 alpha level of significance at a correlation index r level of - 0.643. The relationship between the two variables is inversely proportional, this imply that Google usage has relationship on students social adjustment. Therefore the null hypothesis which stated that there is no significant relationship between Google as a component of social media and social adjustment is hereby rejected.

Discussion of Findings

The present research aimed at finding out the relationship between social media and social adjustment among students of Federal College of education, Zaria.

The findings of this research indicated that significant relationship exit between whatsapp usage as a component of social media and social adjustment among students of Federal College of Education, Zaria. The findings agree with that of Passey, Rogers, Machell and McHugh (2004) affirmed that teachers and pupils reported that the motivational impact of ICT positively affected school attendance. It is also established that, ICT is the most significant predictor of social adjustment of students of higher institutions. Therefore, ICT was found to enhance the memory retention.

The finding also revealed that significant relationship exists between facebook usage and social adjustment among students of Federal College of Education, Zaria. These findings agree with that of Arekete (2014), where attitude influenced technology usage behaviour. It is also, established that significant relationship exists between information and communication technology and behaviour problems. A self-administrative survey was conducted with 550 convenience samples of undergraduates in there universities in Benue state, Nigeria. Four research questions and four hypotheses guided the study. The empirical result indicated that there is a joint significant influence of ICT, school, sex and age.

The finding further revealed that significant relationship exists between Google and social adjustment among students of Federal College of Education, Zaria. These findings agree with that Yengimolki and Malekitabar (2015) who aimed at exploring the relationship between whatsapp and facebook usage with academic achievement of student. The research shows that significant different exist between girls and boys. There is also a significant difference in the

overall ICT between these two groups (Male and Female) but there is no significant difference between their whatsapp and Google. To study the relationship between whatsapp and facebook usage with academic achievement of the male and female students and its dimensions the correlation matrix of the students' scores of research variables calculated. The result indicated that male student is more engaged in whatsapp and facebook usage than the female counterparts.

Conclusion

From the findings of this study, it is concluded that social media usage have significant relationship on social adjustment among FCE students Zaria, Kaduna state, Nigeria. Social media is infiltrating the educational arena. The online social networks are increasingly being used not only by college students, but also by instructors for different reasons. The emergence of social media as a result of advancement in technology and expansion in internet software has raised eye brows among academics on its impacts on studies. Students at all levels of learning have now divided attention to studies, as a result of available opportunities to be harnessed from social media.

Recommendations

Based on the findings from the analyzed data, the researcher recommended the following:

1. School authority should be monitoring students use of whatsapp and facebook and put more emphasis on their academic work in other to adjust academically.
2. Parents should help their children in educating them on how to make use of social media and other technological facilities, this will go along way help the students to have good academic outcome and have proper adjustment in school.
3. Psychologist should also place more emphasis on adjustment of students and educate them to understand the implication of social media usage (Whatsapp, Facebook and Google) and concentrate on their academic work.

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