A Study of Social Media Use and Self Esteem Among Students

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Abstract
This study aims at understanding the correlation between social media use and self-esteem among Senior Secondary school students. Some of the objectives of the study are to examine the level of social media use and self-esteem among Senior Secondary school students, to compare gender differences in social media use among Senior Secondary school students, and to compare gender differences in self-esteem among Senior Secondary school students. The study is conducted on 60 students, 30 male students and 30 female students, studying in senior secondary level at schools. Data collection is conducted using self made scale. The results showed that there is low correlation between social media use and self-esteem, there is no gender differences in social media use and self esteem among students. Therefore, the result of this study shows that the effect of social media use on self-esteem among Senior Secondary school students is not significant.

Keywords: School Students, Self-Esteem, Social Media Use

Introduction
Social media is defined as means of electronic communication through which users can interact among people in which they can create, freely share, exchange and discuss information with others, can share ideas, send or receive personal messages, and other content about each other and their lives using a multimedia of personal words, pictures, videos etc. According to Smith (2010), “Social media are platforms for exchanging information and activity. Social media users can also collaborate in content creation and can also value control in social media participation. A social media networking sites are map of the relationship between individuals, indicating that the ways in which they can be connected through social familiarities from casual acquaintances to close family bonds. Social media platform provides spaces for users to share content like status updates, links, photos and videos. The social awareness provides a mix of news, information and comment and related current reality. There are 448.0 million people using social media users in India as recorded in Digital India record by January 2021. The number of social media users in India increased by 78 million (+21%) between 2020 and 2021. Once a profile is created, users can create and share content like an Instagram user with new account can take a picture and share it on their profile with a caption or can put a story that can only be visible for 24 hours only. Social media users can also find other users whose profile they want to follow or to photo or video to comment on. Social media often have timeline of feeds that allow users to scroll through feed and can see, like, comment or share content. Social media companies use algorithms to determine the content that appears. The feed includes content from “followed” users and people who have posted publicly. Addictive social media users can be: Substance use disorder, that is mood modification who engage in social media that can leads to a favorable change in emotional states. Another is Salience that is behavioral, cognitive, and emotional connection with social media, Tolerance occurs when there is increasing use of social media over time and sometimes Withdrawal symptoms occurs that is experiencing unpleasant physical and emotional symptoms when social media use is restricted or stopped. Conflict can also occur when interpersonal problems to ensure the social media usage.

Self-esteem - Self-esteem is used to describe a person's self-worth. In other words, self-esteem is defined as how much you regard yourself and how much self-confidence, feeling of security, sense of belongingness, feeling of competence you have. It is also known as self-worth, selfregard, and self-respect. Self-esteem impacts decision-making process, relationships, emotional health, and overall well-being. It also motivates people and People with healthy self-esteem: are healthy, take positive view of themselves understand their potential and may feel inspired to take on new challenges, have understanding of their skills, able to maintain relationship in healthy way, have good expectations from themselves, and understand what they need and to express them effectively.

Review of Related Literature
Dhir et.al.(2018) examined whether psychosocial wellbeing measures like compulsive media use and fear of missing out, trigger fatigue and, social media fatigue can result in anxiety and depression among social media user’s adolescent in India. The study findings concluded that media use significantly social media fatigue can also lead to result in anxiety and depression. Fear of missing out analyzed as predictive factor for social media fatigue through compulsive social media use. Joshi and Bhatt (2018) studied on the social media and well-being. The results showed that there was significant difference between gender and categories and more the use of social media less the level of wellbeing. Sharma and Sharma (2018) studied to find out the relationship between internet and social media addiction and psychological well-being (PWB) of college students. In result Internet addiction was found to be significantly negatively correlated to PWB and sub-dimensions of PWB. Regression analysis further revealed internet addiction as significant negative predictor of PWB. Ahmet (2012) studied the impact of internet addiction on subjective happiness and subjective well-being among youth. The finding of the study concluded that internet addiction had a great impact on subjective happiness and subjective well-being among youth.

Objectives
• To determine the level of social media use among male and female students.
• To determine the level of self esteem among male and female students.
• To find out the correlation between social media use and self esteem among students of Jaipur, Rajasthan.

Hypotheses
• There is no significant difference between male and female students on social media use.
• There is no significant difference between male and female students on self esteem.
• There is no significant correlation between self esteem and social media use among students.

RESEARCH METHODOLOGY
Sample: The sample consisted of 60 students from Jaipur Rajasthan. Out of 60 students, 30 were male students and 30 were female students participated in this research work. The sample was selected by using a purposive sampling technique.

Research Tools
• Self constructed scales

RESULT AND DISCUSSION
Table 1: Mean Standard Deviation and t-value of Social media use of male and female Students

<table>
<thead>
<tr>
<th>Variable</th>
<th>Groups</th>
<th>N</th>
<th>Mean</th>
<th>S.D.</th>
<th>df</th>
<th>t–value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social media use</td>
<td>Male</td>
<td>30</td>
<td>36.10</td>
<td>6.18</td>
<td>58</td>
<td>1.15 N</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>30</td>
<td>33.55</td>
<td>10.18</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Not Significant
Degree of freedom = (N1+N2)-2 , (30+30)-2 =58
Significant level of 0.05 and 0.01, the calculated value is not significant on both levels.

Table 1 shows that mean and standard deviation of social media use of male students is (mean 36.10, σ 6.18) and female students is (mean 33.55, σ 10.18) and t-value is 1.15. This shows no significant difference in the level of social media use of male and female students. So hypothesis 1 “there is no significant difference between male and female students on social media use” is accepted.

Table 2: Mean Standard Deviation and t-value of Self Esteem of male and female Students

<table>
<thead>
<tr>
<th>Variable</th>
<th>Groups</th>
<th>N</th>
<th>Mean</th>
<th>S.D.</th>
<th>df</th>
<th>t–value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self esteem</td>
<td>Male</td>
<td>30</td>
<td>67.48</td>
<td>7.45</td>
<td>58</td>
<td>0.82 N</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>30</td>
<td>69.24</td>
<td>8.76</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Not Significant
Degree of freedom = (N1+N2)-2 , (30+30)-2 =58
Significant level of 0.05 and 0.01, the calculated value is not significant on both levels.

Table 2 shows that mean and standard deviation of self esteem of male students is (mean 67.48, σ 7.45) and female students is (mean 69.24, σ 8.76) and t-value is 0.82. This shows no significant difference in the level of self esteem of male and female students. So hypothesis 2 “there is no significant difference between male and female students on self esteem” is accepted.

Graphical representation of social media use and self esteem among male and female students.

Table 3: Correlation between Social media use and self esteem among Students

<table>
<thead>
<tr>
<th>S.N.</th>
<th>Variables</th>
<th>N</th>
<th>df</th>
<th>r – value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Social media use</td>
<td>60</td>
<td>58</td>
<td>0.09</td>
</tr>
<tr>
<td>2</td>
<td>Self esteem</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table 3 shows that the obtained value of r (0.09) is not significant. This indicate that there is no relationship between social media use and, self esteem. So Hypothesis 3 “There is no significant correlation between self esteem and social media use among students”
The present study aimed at investigating the social media use and its relation with self-esteem. Social media have gained much popularity in the last decade. The critical finding of the study was that there is no significant correlation between social media and self-esteem. This implied that social media has no relation with self-esteem. As self-esteem is how much you regard yourself and how much self-confidence, feeling of security, sense of belongingness, feeling of competence you have and it might not perform similar on social media sites as characteristics of person can be different on social media than reality. Researchers have found that the high usage of Facebook causes depression, and a decline in the well-being of the people. (Feinstein et al. 2013).

CONCLUSION
social media platform provides spaces for users to share content like status updates, links, photos and videos. The social awareness provides a mix of news, information and comment and related current reality. Self-esteem is used to describe a person's self-worth. The critical finding of the study was that there is no significant correlation between social media and self-esteem. This implied that social media has no relation with self-esteem. It found out that there is no significant correlation between these variable. There is no significant correlation in self-esteem and social media. The present study is limited to some personal variables and future research can be planned and can conduct with larger no. of sample or with more variables in future research.

REFERENCES