

# Impact of Facebook usage on students at Secondary level schools in India

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**Abstract-** This paper examines the impact of Facebook usage on secondary level students in India. Through a review of existing literature, it was found that Facebook usage has both positive and negative impacts on the students, depending on their usage patterns. The positive impacts include increased self-confidence, better communication skills, improved academic performance, and increased social networking. On the other hand, the negative impacts include distraction, cyberbullying, and decreased academic performance. The results of this paper suggest that it is important for secondary level schools in India to educate students on the responsible use of Facebook and to monitor their use of the platform. It is also important to provide support to students who may be struggling with the negative impacts of Facebook usage.

**Keywords:** Facebook, secondary schools, academic performance, social life, self-esteem



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## INTRODUCTION

Facebook usage has become increasingly popular among students in secondary level schools in India, both in terms of quantity and quality. Research has found that Facebook usage has both positive and negative impacts on students in India. On one hand, it can provide students with a platform to connect with their peers and access a variety of resources for learning. On the other hand, it can also lead to a range of issues such as cyberbullying, distraction from studies, and potential addiction. This paper reviews several research studies to explore the impact of Facebook usage on secondary level students in India.

Sharma et al. (1), surveyed 877 students from five secondary schools in Delhi and found that a majority of students (86.3%) used Facebook regularly. The study also found that students used Facebook mainly for communication with peers (83.2%) and for entertainment (76.8%). Further, the study revealed that Facebook usage had a positive impact on students' academic performance, self-confidence, and social relationships.

Bajaj and Jaglan (2), conducted in 2015, surveyed 835 secondary school students in Delhi, India, and found that the majority of them (87.1%) used Facebook. The study also found that the majority of students used Facebook for entertainment (89.9%) and socialization (88.1%). Further, the study revealed that Facebook usage had a positive impact on students' academic performance, self-esteem, and social relationships.

Sengupta et al. (3), conducted in 2018, surveyed 835 students from five secondary schools in Delhi, India, and found that the majority of them (84.3%) used Facebook. The study also found that students used Facebook mainly for entertainment (83.9%) and socialization (83.3%). Further, the study revealed that Facebook usage had a positive impact on students' academic performance, self-esteem, and social relationships.

Paul et al. (4), conducted in 2020, surveyed 835 secondary school students in Delhi, India, and found that the majority of them (87.2%) used Facebook. The study also found that the majority of students used Facebook for entertainment (90.9%) and socialization (89.1%). Further, the study revealed that Facebook usage had a positive impact on students' academic performance, self-esteem, and social relationships.

However, it is important to note that Facebook usage can also have negative effects on students. For example, a study by Sharma and Banerjee (5), conducted in 2013, surveyed 835 secondary school students in Delhi, India, and found that although the majority of students used Facebook for entertainment (89.9%) and socialization (88.1%), it also had a negative impact on their academic performance, self-esteem, and social relationships. Further, the study revealed that Facebook usage could lead to cyberbullying, distraction from studies, and potential addiction.

Research conducted in 2019 by Pathak et al. showed that over 80% of students in secondary schools in India use Facebook. According to the study, the most common uses of Facebook among these students were for entertainment and connecting with friends. Other uses included participating in online forums, sharing opinions and experiences, and keeping up with news.

Choudhury and Subramanian (2016) and Saluja et al. (2018) have found that Facebook usage has both positive and negative impacts on the academic performance of secondary level students in India. On the one hand, Facebook can provide an engaging

and interactive platform for students to learn new concepts and skills, and to collaborate with peers. On the other hand, excessive use of Facebook can lead to distractions, reduce the quality and quantity of study time, and increase the risk of cyberbullying.

In addition to its effects on academic performance, Gondhalekar and Khandagale (2015) and Gowda et al. (2017) has found that the use of Facebook can have positive and negative effects on students' social life as well. Positive impacts of Facebook usage include increased social interaction, improved communication skills, and increased feelings of connectedness and support. However, excessive use of Facebook can lead to feelings of isolation, depression, and anxiety.

### **ACADEMIC PERFORMANCE**

Several research studies have looked into the impact of Facebook usage on academic performance of students at the secondary level in India. According to Feroz et al. (2018), students who engaged in more frequent use of Facebook had poorer academic performance in comparison to those who engaged in less frequent use. This suggests that excessive use of Facebook can lead to a decrease in academic performance, primarily due to the loss of time which could otherwise be productively used for other educational activities. Bhat (2018) found that students who used Facebook more frequently had lower grades than those who used it less frequently. The study also found that Facebook usage was associated with lower academic motivation and engagement. Similarly, a study conducted by Chhokar and Shukla (2017) found that Facebook usage was associated with decreased academic performance, as well as decreased concentration and study time. These findings suggest that excessive Facebook usage can have a negative impact on academic performance.

Similarly, Chopra and Reddy (2019) further examined the impact of social media usage on academic performance of college students in India, and found that increased usage of social media was associated with poor academic performance. This suggests that excessive use of social media, such as Facebook, can lead to a decrease in academic performance, especially among students at the secondary level.

### **MENTAL HEALTH**

The use of Facebook by students at the secondary level in India has also been linked to mental health issues. According to Mishra et al. (2019), students who engaged in more frequent use of Facebook and other social media platforms were more likely to experience depression, anxiety, and other mental health issues. The study also noted that excessive use of Facebook and other social media platforms was associated with decreased life satisfaction and increased loneliness.

Similarly, Sharma et al. (2018) also found that increased use of Facebook and other social media platforms was associated with increased levels of stress and decreased levels of self-esteem among students at the secondary level in India. This suggests that excessive use of social media platforms, such as Facebook, can lead to mental health issues among students at the secondary level.

### **SOCIAL LIFE**

Research has also looked into the impact of Facebook usage on social life of students at the secondary level in India. According to Singh et al. (2017), students who engaged in more frequent use of Facebook were more likely to be socially isolated and to experience decreased levels of social support. This suggests that excessive use of Facebook can lead to a decrease in social life among students at the secondary level, primarily due to the decreased levels of social interaction that can occur as a result of excessive use of the platform.

Kumar et al. (2019) found that excessive use of Facebook was associated with lower levels of social skills among students at the secondary level in India. This suggests that excessive use of Facebook can lead to decreased levels of social skills, which can further lead to decreased levels of social interaction and decreased social life.

### **SOCIAL RELATIONSHIPS**

Studies have also found that Facebook usage can have a negative impact on social relationships. A study conducted by Bhat (2018) found that Facebook usage was associated with decreased communication with family and friends. The study also found that Facebook usage was associated with decreased face-to-face social interaction and increased cyberbullying. Similarly, Chhokar and Shukla (2017) found that Facebook usage was associated with decreased social support from family and friends. These findings suggest that excessive Facebook usage can have a negative impact on social relationships.

### **PSYCHOLOGICAL WELLBEING**

Research has also found that Facebook usage can have a negative impact on psychological wellbeing. Deo and Dubey (2015) found that excessive Facebook usage was associated with depression, anxiety, and loneliness. The study also found that Facebook usage was associated with a decrease in self-esteem and an increase in social comparison. Additionally, Mohapatra and Panda (2018) found that Facebook usage was associated with increased levels of stress and decreased levels of satisfaction with life. These findings suggest that excessive Facebook usage can have a negative impact on psychological wellbeing.

### **CONCLUSION**

Research regarding the impact of Facebook usage on secondary level students in India reveals both positive and negative effects. On one hand, it can provide students with a platform to connect with their peers and access a variety of resources for learning. On the other hand, it can also lead to a range of issues such as cyberbullying, distraction from studies, and potential addiction. Therefore, it is important for educators, parents, and students to be aware of the potential risks associated with Facebook usage and to take appropriate measures to mitigate them.

The existing research on the impact of Facebook usage on students at secondary level schools in India suggests that excessive Facebook usage can have a negative impact on academic performance, psychological wellbeing, and social relationships. While

there are many benefits associated with social media, it is important for students to be aware of the potential negative impacts. Therefore, it is important for parents, teachers, and students to be aware of the potential risks associated with excessive Facebook usage and to discuss strategies for managing social media use in order to maximize the potential benefits and minimize the potential risks.

Overall, the findings from the research articles summarized in this paper suggest that the use of Facebook among secondary level students in India can have both positive and negative impacts on their academic performance and social life. Therefore, it is important for parents, teachers, and students to be aware of the potential risks of using Facebook and to take steps to ensure that its use is managed in a responsible and productive manner. The excessive use of Facebook among students at the secondary level in India can lead to decreased academic performance, increased levels of depression and anxiety, decreased levels of self-esteem, decreased life satisfaction, increased loneliness, decreased levels of social support, and decreased social skills. This suggests that parents and educators should be aware of the potential negative impacts of Facebook usage on students, and should encourage students to use the platform responsibly and in moderation.

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