



## Instagram usage and academic performance among postgraduate students

<sup>1</sup> Supreetha K and <sup>2</sup> Mahadevaswamy P

<sup>1</sup> Lecture, Department of Medical Surgical Nursing, Masood College of Nursing, Mangaluru, Karnataka, India

<sup>2</sup> Assistant Professor, Department of Studies and Research in Psychology, Karnataka State Open University, Mysore, Karnataka, India

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### Abstract

This study evaluated the effect of Instagram usage on academic performance among postgraduate student in and around Mangalore City. The sample consisted of equal numbers of (100 each) boys and girls was chosen from 4 different Nursing colleges in and around from Mangalore. The students completed a Test for Instagram addiction (D'souza L, Samyuka A and Bivera 2018). Two way ANOVA was employed to find out the significance of difference between levels of Instagram addiction on academic performance. Results revealed male post graduate students were found to have higher levels of addiction than female postgraduate students, age and living with status does not have significant influence on Instagram addiction. In the case of academic performance is considered Academic performance scores were significantly and negatively related to all the factors of TIA except escapism.

**Keywords:** Instagram addiction, Academic performance, nursing students

### Introduction

Instagram is a photo and video-sharing social networking app that is owned by Facebook. It was launched in the year 2010 and has over a Billion monthly active users worldwide as of June 2018. It is the most popular Social networking app at present. This app enables its users to edit and upload pictures and short videos, it also permits users to add a caption to their posts and also use hashtags and location-based geotags to give a clear indication to these posts and make it possible for other users to view these 'Tags' (Gibbs *et al.* 2015) [3].

The excess use of usage of Instagram may leads to addiction and investigator investigating the potential cause and consequences of Instagram among students. Instagram addiction has common effects on physical health besides its effects on psychosocial situations. The physical condition that may be developed and intense by working with using the internet and computers are problems involving: bone, muscles, tendons, ligaments, skin, blood supply, joints, nerves, connective tissue, the addicted person expresses that they feel physically tired (Belanger *et al.*, 2011) [1]. Visual discomfort considers the most common health problem experienced by long time of using screens and internet. However, the worst common health problems caused by computers use, phones and screens include: muscles problems, obesity, respective stress injury and radiation (Reed *et al.*, 2017) [8].

Instagram addictions defined as feeling an uncontrollable urge to check and scroll through Instagram. Needing to spend more and more time on Instagram to find the same

level of pleasure. Attempting to control, cut down or stop using the app without success. Instagram usage can trigger a psychological dependence in a person when they spend excessive amounts on the app, at the expense of other obligations or relationships. Additionally, someone may also experience withdrawal symptoms after stopping use (Kirik 2014) [4].

Academic achievement is defined according to how well a student performs over time in tests and examinations in the school setting. It is also the measure of students learning outcome (Trefflich *et al.* 2015) [9]. Academic performance occupies an important role in adolescent development. It reflects adolescents' cognitive ability and also shapes their academic and career paths. Students who are satisfied with their school performance tend to show higher self-esteem, confidence, and motivation (Neel and Fuligni 2013) [5].

Excessive use of social media sites for pleasure purpose may makes the students to start procrastination of their academic work. Social media network sites can have a positive or negative impact on students' academic performance (Owusu-Acheaw & Larson, 2015) [6]. Many argue on the risks involved in using SNS whereas it has its own benefits. They fear that the students' addiction to social media can negatively affect students' academic performances. Some researchers claim a little or no negative effects on students' academic performance if good multitasking is achieved by student (Paul, Baker, & Cochran, 2012) [7].

Students from higher institution are tend to use social media during the class hour and they were incorporate and couldn't

stop themselves by doing this which finally leads to poor performance in their academic results (Choney, 2010) [2]. It was considered by the undergraduate students that they can handle the device for fashion purpose but they fail to make the right use of it. It was recorded that in many cases students were misusing their mobiles phones, there were caught while chatting, listening to music when the lecture is on. It has been seen that the mobile phones are used in examination malpractice. It gradually explained how they are addicted to the device and the social media. (Kirik *et al.* 2014) [4].

**Method**

**Sample**

Postgraduate nursing students were selected for the purpose

of the study. Of the 200 students included in the study, 100 boys and 100 girls were selected for study. They were studying in the nursing colleges situated in the urban and rural areas of Mangalore.

**Tools**

1. **Demographic data sheet:** The first part designed to collect preliminary information regarding details of college and student’s age, gender, class, living with status etc.
2. **Academic performance:** Academic performance can be measured using their marks obtained and percentage of marks obtained in the previous examination.

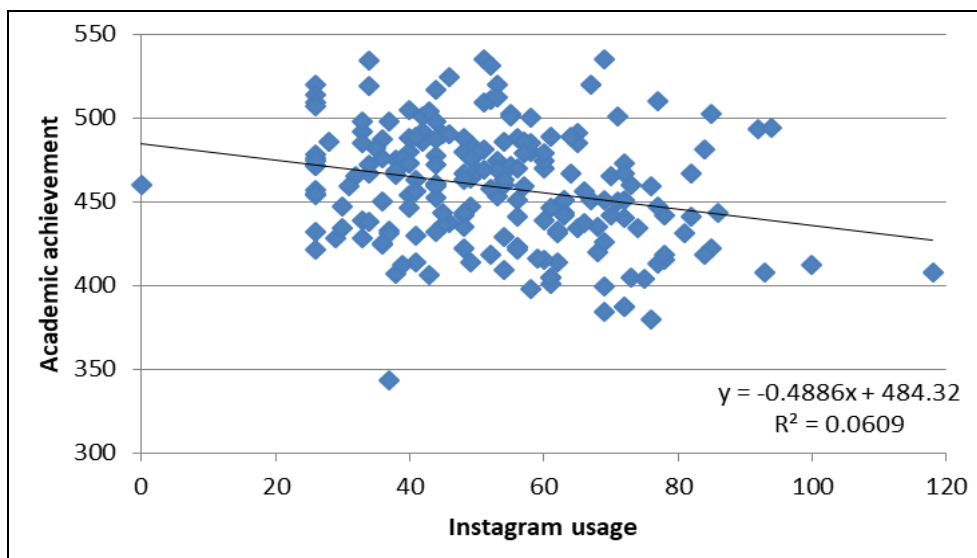
**Results**

**Table 1:** Results of Pearson’s product moment correlation between factors of TIA and academic performance

Variable 1 Factors of TIA	Variable 2	Correlation co-efficient	P Value
Lack of control	Academic performance	-.218	.002
Disengagement	Academic performance	-.152	.031
Escapism	Academic performance	-.119	.094
Interpersonal troubles	Academic performance	-.240	.001
Excessive use	Academic performance	-.313	.001
Obsession	Academic performance	-.162	.022
Total scores on TIA	Academic performance	-.247	.001

Academic performance scores were significantly and negatively related to all the factors of TIA except escapism. The correlation coefficients obtained between academic performance and Lack of control ( $r=-.218$ ;  $p=.002$ ), Disengagement ( $r=-.152$ ;  $p=.031$ ), Interpersonal troubles ( $r=-.240$ ;  $p=.001$ ), Obsession ( $r=-.162$ ;  $p=.022$ ), and Total

scores on TIA ( $r=-.247$ ;  $p=.001$ ) were all found to be significant and negative. It is clear that higher usage lower was the academic performance in these factors and total TIA. However, escapism factor of TIA was not significantly related to academic performance ( $r=-.119$ ;  $p=.094$ ).



**Graph 1:** Scattergram between Instagram total scores and academic achievement scores

**Discussion**

**Major findings of the study are**

- As the levels of instagram addiction increased, total academic performance decreased significantly.
- Academic performance scores were significantly and negatively related to all the factors of TIA except escapism.
- It is clear that higher usage of Instagram lower was the academic performance in these factors and total TIA.

The results of the present study support the hypothesis formulated as “Instagram usage and academic achievement are significantly related to each other”. The results of the present study clearly indicated that Academic achievement scores were significantly and negatively related to all the factors of TIA except escapism.

The present study result is supported by a cross sectional study on relationship between social networking addiction and academic performance in Iranian students of medical

sciences. In this study, 360 students were enrolled by stratified random sampling. The study tools included personal information form and the Bergen Social Media Addiction Scale. Also, the students' overall grade obtained in previous educational term was considered as the indicator of academic performance. Data were analyzed using SPSS-18.0 and descriptive and inferential statistics. The mean social networking addiction was higher in male students ( $52.65 \pm 11.50$ ) than in female students ( $49.35 \pm 13.96$ ) and this difference was statistically significant ( $p < 0.01$ ). There was a negative and significant relationship between students' addiction to social networking and their academic performance ( $r = -0.210$ ,  $p < 0.01$ ).

The results of this study have several other implications too. It is evident that at least researchers can use mental health as a predictor of Instagram Addiction; it would be much easier to identify students with an Instagram Addiction problem. The results of this study demonstrate the need for further research. If Instagram Addiction and mental health are related, then what will be the consequences on their social and emotional growth? Are these adolescents having normal process of growth and development in their psychosocial aspects? Since both mental health and Instagram addiction are detrimental to human growth and potential, there is an urgent need to look into these issues, so that adolescents can concentrate more on academic and extracurricular activities, which will lead to growth of positive potentials among them for their better future. Future studies can be conducted regarding the Instagram addiction and its adverse effect among the adolescents. Based on this results we can create awareness among parents regarding the Instagram addiction in children.

### Conclusion

Instagram addiction increased, academic achievement of the postgraduate students decreased significantly. In the case of academic achievement is considered Academic achievement scores were significantly and negatively related to all the factors of TIA except escapism. There is a Significant and negative correlations were obtained between instagram addiction and academic achievement. Academic achievement will not have any interaction with demographic variable such as age, gender and living in with status. so instagram usage have significant effect on academic achievement of students

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Not available

### Author's Contribution

Not available

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