

## Research Article

# Use of Social Networks and Impact on Adolescents

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### Abstract

**Objectives:** The use of social networks, aggressive behavior and adolescent school success have taken place in every corner of Kosovo, during the most recent years.

The purpose of this study is to find the relationship between social networks, aggressive behaviors and student's success in school.

**Methods:** The population was within the quota, including 130 students (75 (57.7%) female, 55 (42.3%) male). Their ages were 15-18 years old. The study was conducted in the high school "Ismail Qemali" in Dardana, during the period of 16-20.09.2019.

**Results:** There is a correlation between social network use and aggressive behavior - the obtained correlation coefficient of 0.659 indicates a high positive correlation or correlation coefficient between the two variables with a statistical significance, and it can be concluded that the level of aggressiveness increases with increasing use of the Internet and social networks and vice versa. According to the obtained results there is a correlation between the use of social networks and aggressive behavior.

**Conclusion:** The potential of social networks in society and the dependence of individuals are exhibiting many adverse effects that may increase over time. Campaigns to reduce their influence or dependence would be very important to prevent the highest consequences for humanity. Therefore there should be some awareness policies on the negative effects caused by the invalid use of social networks.

**Keywords:** Adolescents, aggressiveness, behavior, institutions, parents, temperament

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The use of social networks, aggressive behavior and adolescent school success have taken place in every corner of Kosovo, during the most recent years.

### Use of Social Networks and Impact on Adolescents

The study of the use of social networks is a very recent study, many psychologists have confirmed its importance in different fields, while it is very important for us to understand the role of this phenomenon in adolescents and whether it is related to their aggressive behavior. The use

of social networks are stealing our time, our lives more and more every day passing, like no other form of technological revolution that has taken place over the years. This revolution is acknowledged to have influenced the lifestyle of users of these networks. The impacts are mainly social and psychological. Information and communication technologies have become a defining feature of our time, making our lives significantly different from what they once were. [7, 24] Computer games, e-mail, internet, mobile phones and messaging are an integral part of our lives. [22] Our brains

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are always under the influence of the new technological world, many TV channels, slots, MP3 and internet, wireless networks, Bluetooth connectivity, and the list is endlessly extended.<sup>[10]</sup>

Human aggression encompasses all behavior that is intended to cause psychological and physical harm to others. Targeting is a key element of aggression. So, it simply seems that looking at a aggressive model increases the aggression in children, even if this model is punished. Likewise, there seems to be no major difference in whether the model is vital or appears in a film.<sup>[20]</sup> Particularly at risk are the children who grow up in families, where aggression and violence are widespread.<sup>[14, 25]</sup> As basic concepts in this study are, the use of the Internet, and especially the use of social media has taken hold in every corner of Kosovo. The use of social networks is one of the most widespread and used daily activities by young people around the world. According to many researches, excessive and uncontrolled use of the Internet may reveal some changes in human personality, where these changes in the youth are more unpredictable and more acute.

Therefore, the purpose of this study is to find the relationship between social networks, aggressive behaviors and student's success in school.

Using online networks can cause them to become addictive, can increase stress or even open up problems for families. These have a huge impact on the lives of people in the world, and for some years in Kosovo as well. Of course using social media has its advantages and disadvantages, where as positive I think it is easier to communicate with people and get more informed about different events, while the disadvantages of using the internet are the increase of aggressive behavior, creation of strong emotions and stress in young people, addiction to using social networks, etc. Studies have shown that, between 93% and 97% of adolescents who search the Internet, more than half do it daily.<sup>[15]</sup> Young people are those who use the Internet more frequently, 8 out of 10 of them said they regularly access the Internet. A study undertaken in 2006 from the Universal McCANN reported that the digital technologies are used more by the young people.

The complex challenges that the society and family are facing with nowadays are often linked to the dominant influence of the internet in our world. The relationship between children, the Internet and the family can be assessed from two perspectives: a) the formation of children by the Internet and, b) the education of children to respond appropriately to the Internet. Other effects of using social networks are: unlimited communication with friends, relatives worldwide, sharing moments of joy, happiness, but also those of

despair and suffering with their friends, sharing messages, exposure immense photos and their commentary, as well as other things.<sup>[21]</sup>

Social-negative effects, which can have major implications, in making life difficult for the individual, isolating the individual and avoiding society, weakening the social motive, ranging one of the first in the individual survival, and the development of his personality, his withdrawal from his free activities, influence on aspects of social communication, especially in written language (leaving no impact on spoken language), influence on the motivation for learning, which today results in young people having an interest below average for reading and learning, excessive use of the internet creates stress, which is considered to be the key factor in isolating the individual after using this technology today, tendencies to avoid kinship and kin, which can lead to stagnation for the development of the individual, on the other hand, excessive use of the Internet has physical effects on the individual as well: aspect of individual vision and impaired perceptual ability, creates severe back pain, wrist and toe pain, fatigue and neck pain, weight changes etc.<sup>[9]</sup>

## Methods

Finding out the impact of social networks regarding demographic factors such as gender, age and residence of students is one of the problems of this study. Determining whether or not the negative impact of social networks can serve as a source of information to find ways to reduce or tackle this phenomenon is damaging too many younger generations, especially adolescents.

The population of this study was quoted in order to make the results as reliable as possible, including urban and rural areas. The study included 130 young people (75 (57.7%) female and 55 (42.3%) male), with their age ranging from 15 to 18 years. The study was conducted in Ismail Qemali High School in Dardania, and in separate physical classes in Hogosht and Rogana villages, during the period of 16 – 20.09.2019.

## Data Collection and Analysis

The data collection was done by three measuring instruments: a) data collection from school diaries on student achievement at school, b) social network questionnaire that had 27 questions (many models of browsing and studying were modified and studied questionnaire on internet use and social networks), and c) the aggressiveness questionnaire<sup>[4]</sup> that had 29 questions (the questionnaire measures physical aggression, verbal aggression, anger, and hostility). The adolescent age group was divided into four groups: aged 15 are 22 students, aged 16 are 63, aged 17 are 43, and aged 18 are 2. From this fact we can con-

clude that the study meets the condition of inclusion of all adolescent age groups and therefore further results from statistical data processing will be objective and close to the required research standards.

### Results

The study was within the quota, involving 130 young people (75 (57.7%) female and 55 (42.3%) male), with their age ranging from 15 to 18 years. The adolescent age group was: 22 students aged 15 years, 63 students 16 years, 43 students 17 years, and 2 students 18 years. 68 (52.3%) of the adolescents were resident in the city, while 62 (47.7%) were adolescents residing in the village. The success of these adolescents in school was: 20 (15.4%) students 'satisfactory', 23 (17.7%) students 'good', 25 (19.2%) students 'very good', and 62 (47.7%) students were 'excellent'.

Table 1 on Internet use and social networks, we can conclude that the frequencies of positive alternatives dominate rather than negative ones, so we can say that the subjects in this research use the internet and social networks more than expected.

Table 2 shows the frequency of alternatives to the questionnaire for aggression in subjects, as well as the dominance of positive versus negative alternatives.

In this analysis, the subjects in this sample they are not only using the Internet and social networks at a high level they also exhibit aggressiveness at a high level. This is a gener-

alization and a conclusion not yet strongly supported by statistical facts but is an indicator of what can be expected from the statistical trend of this study.

To the question "Do you have a computer at home?", 93% of the students answered that they have a computer at home. This shows us the trend of today, that Albanian families are on the cutting edge of technology but even today a home without a computer and internet cannot be imagined.

In the question "How often do you use the Internet?", Over 90% of the subjects are internet users, while 56% of the subjects are frequent users of the Internet using it 2-4 hours a day continuously. Despite the other alternatives that can be deduced from the hierarchical presentation of the frequency of Internet use, we can say that the subjects in this research are frequent users of the Internet.

"Have you attended internet training courses?"; Over 87% of subjects did not attend internet use training, compared to 13% who attended. In the question "What do you use the Internet for the most?"; Over 47% use it for social networks, 22% for studies, 15% for video games, and for other reasons. So from this data we can conclude that the subjects in this study use the internet, even though they did not attend any special training for internet use and that they mainly use the internet for communication in social networks, for study and for video games.

Table 3 presents the three levels of Internet use and social networks, which results: 3 (2%) entities are Low Users, 73 (56.2%) Medium Users, and 54 (41.5%) High Users entities. Internet and social networks.

Regarding the presentation of three levels of aggressiveness, table 4 presents: low aggressiveness in 7 (5.4%) subjects, moderate aggressiveness in 65 (50%) subjects and high aggressiveness in 58 (44.6%) subjects.

Here we can say that our sample skews to the right from a normal distribution of a psychosocial phenomenon or we can say that we have a sample showing a high level of aggressiveness.

"There is a correlation between the use of social networks and aggressive behavior", was the main hypothesis of this study, so the obtained correlation coefficient of 0.659 indicates a high positive correlation coefficient or correlation

**Table 1.** Introducing response frequencies for Internet and network use

	Frequency		Percentage of cases, %
	n	Percentage, %	
Total disagreement	257	10.4	197.7
Disagree	311	12.6	239.2
Neutral	740	30.0	569.2
Agree	510	20.6	392.3
Totally agree	652	26.4	501.5
Total:	2470	100.0	1900.0

**Table 2.** Presenting Frequencies of Questionnaire Answers for Aggression

	Frequency		Percentage of cases, %
	n	Percentage, %	
Total disagreement	566	15.0	435.4
Ddisagree	490	13.0	376.9
Neutral	844	22.4	649.2
Agree	973	25.8	748.5
Total agree,ent	897	23.8	690.0
Total:	3770	100.0	2900.0

**Table 3.** Introducing three levels of Internet use and social networks

	Frekuensi	Percentage	Valide percentage	Percentage Commutative
Low use	3	2.3	2.3	2.3
Medium Use	73	56.2	56.2	58.5
High use	54	41.5	41.5	100.0
Total:	130	100.0	100.0	

**Table 4.** Presentation of three levels of aggressiveness

	Frekuensi	Percentage	Valid percentage	Commutative percentage
Low agressivity	7	5.4	5.4	5.4
Medium agressivity	65	50.0	50.0	55.4
High agressivity	58	44.6	44.6	100.0
Total:	130	100.0	100.0	

between the two variables even with a statistical significance. Significant for the first confidence level of 0.01 in both directions, we can conclude that: in the subjects in this study, the level of aggressiveness increases with increasing use of the Internet and social networks and vice versa (Table 5).

"There is a link between using social networks and student success" was the first hypothesis, so according to Table 6 we have a negative Pearson correlation coefficient =  $-0.06$ , which we can conclude that there is no correlation between the use of social networks and student success. This hypothesis does not exist.

"Are there any differences between males and females regarding the use of social networks?". According to the findings at first glance we can say that there is a significant difference between the average level of use of internet and social networks regarding the gender of the subject under study. According to the analysis we have averages for female with 45.04 and average for male with 46.38, which at first comparative view we see that the male use it more.

"Is there a difference between male and female in terms of

school success?", Here we see a favor at the level of 'excellent' female versus male success. According to the analysis of the t-test for the difference of averages, averages for females of 4.19 and averages for males of 3.73 are presented and there is a clear difference between them at first glance. Based on the findings, a significance of 0.022 is obtained which is less than the second confidence limit of 0.05, which we can conclude that there is a difference between female and male in terms of their success in school.

## Conclusion

When analyzing the literature, it has been observed that the use of social networks is an important factor in the aggressiveness and decline in student success in general. Also, the reading of books by students has fallen very recently due to the use of the Internet.

To continue with the discussion of the results already, the data suggest that from the underlying hypothesis: "There is a link between social network use and aggressive behavior" has thus been corroborated by the sample skewed from the right by a normal distribution of a psychosocial phenomenon or we can say that we have a sample where there is a high level of aggressiveness, so with the increase of internet use the level of aggressiveness also increases. The obtained correlation coefficient of 0.659 indicates a high positive correlation or correlation coefficient between the two variables with a statistical significance significant for the first confidence level of 0.01.

93% of the subjects responded that they have computers at home, where over 90% of the subjects are internet users, while 56% of the subjects are frequent users of the internet and they use it 2-4 hours a day continuously. Despite the other alternatives that can be deduced from the hierarchical presentation of the frequency of Internet use, we can say that the subjects in this research are frequent users of the Internet. As for what they use the Internet mostly, it is clear that over 47% use it for social networks, 22% for studies, 15% for video games, and for other reasons. So from this data we can conclude that the subjects in this study use the internet, even though they did not attend any special training on internet use and that they mainly use the internet for communication in social networks, for study and for

**Table 5.** Pearson correlation, use of social networks, and aggressiveness

	Use of internet and networks	Agressivity
Pearson Correlation	1	.659**
Sig. (2-tailed)		.000
n	130	130
Pearson Correlation	0.659**	1
Sig. (2-tailed)	0.000	
n	130	130

\*\* . Correlation is significant at the 0.01 level (2-tailed).

**Table 6.** Pearson correlation, success and the use of social network

	Succssess	Use of internet
Pearson Correlation	1	-0.060
Sig. (2-tailed)		0.495
n	130	130
Pearson Correlation	-0.060	1
Sig. (2-tailed)	0.495	
n	130	130

video games.

Finally, I can conclude that the potential of social networks in society and the dependence of individuals are exhibiting many adverse effects that may increase with time. Campaigns to reduce their influence or dependence would be very important to prevent the highest consequences for humanity. Therefore there should be some awareness policies on the negative effects caused by the invalid use of social networks.

Based on the findings and conclusions, we can make some suggestions that may be useful to parents and the school:

- Parents talk more with their children and use positive versus negative words,
- There are restrictions on the use of technology in the household, and restrictions placed should be respected,
- Motivate children to read more books, not to read online,
- Parents ensure that children under the age of 18 are not part of social networks,
- Parents should allocate time for their children and monitor them for as long as they are online,
- Check the Web sites that are most frequented by their children in order to avoid aggressive.

#### Disclosures

**Ethics Committee Approval:** The study was approved by the Local Ethics Committee.

**Peer-review:** Externally peer-reviewed.

**Conflict of Interest:** None declared.

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