

# The Impact of Facebook and Others Social Networks Usage on Academic Performance and Social Life among Medical Students at Khartoum University

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**Abstract:** **Introduction:** Social networks (SNs) are dedicated websites or other applications which enable users to communicate with each other by posting information, comments, messages, images, etc. Today, more than ever before, people are finding ways to connect with friends, family members, co-workers, classmates, and those they have just met using social networking sites. **Objective:** The aim of this research was to study the impact of Facebook and others social networks usage on academic performance and social life among medical students. **Materials and Methods:** This was descriptive, analytical cross-sectional institutional-based study. 27 item self-administered questionnaires were distributed to 275 medical students at Faculty of Medicine – University of Khartoum. Respondents were selected using Simple random sampling technique. **Results:** 275 Medical students were involved. The prevalence of Facebook and others SNs users is 93.1%. The Authors found that the males use Facebook and others SNs more than females by (97.6%), (91.1%). The main SNs used are Facebook (98.8%), Skype (61.3%), What's App (59%), and Hotmail (56.6%). The Facebook and What's App are the most SNs used more than 1 time a week. The most devices used are Mobiles and Tablets (72.3%). The most purposes of using the SNs were connecting with family and friends (86.7%), following the news (76.6%), connecting with people from the past (69.9%), and chatting (53.9%). 57.8% of users have attempts to minimize or cutoff the using of SNs. 51.2% of users became upset when they don't find any means to login to SNs during their day. 81.3% of users have desire to know what happened online when they are offline. 96.1% of users using the SNs for academic purposes, and 11.3% of users sometimes are absent from academic activities because of using the SNs. The prevalence of negative effect of using the SNs on academic performance is very high especially among females. 68% of users have benefit from using of the SNs for connecting with others. 23.4% of users lower their social activities in real life because of using the SNs. The prevalence of lowering the practicing sport exercises because of using the SNs is 20.2%. **Conclusion:** The prevalence of using the SNs is high and continues to increase. The prevalence of negative effect of using the SNs on academic performance is high. SNs help people to connect with each other's and don't affect their social activities or sport exercises. **Recommendations:** Education about negative effect of long usage of social networks. Education about how to use the social networks correctly. Promotion of using the social networks for academic purposes and scientific researches.

**Index Terms:** Academic performance, Communication, Facebook, Medical Students, Social life, Social networks, What's App.

## 1 Introduction:

Faculty of Medicine - University of Khartoum, Sudan. It was established in 1924; it is the biggest and the oldest medical school in Sudan, with over 2000 students enrolled. It is recognized internationally and has a leading role in developing the community. Today, more than ever before, people are finding ways to connect with friends, family members, co-workers, classmates, and those they have just met using social networking sites. One of the most commonly used sites with 800 million active users is a site most are familiar with, Facebook.

According to the Facebook website, more than half of the active users log into their accounts daily. Over the past few years, as usage of Facebook has expanded beyond individual use and into the hands of companies to promote products and services, it has been a main concern for many universities, schools and companies to monitor and limit the use of the site for fear that some can't perform other tasks if they have access to this site. However, although Facebook could be a great tool to use to connect with friends and maintain relationships, there is a line that could be crossed in which a person utilizes the Facebook site too much. Where does one cross the line from simply using the site to devoting all of their time and energy to checking their news feeds and staying updated on every aspect of their Facebook page. Relatively little research has been done to explain the phenomenon on Facebook Addiction Disorder, or FAD. Literature research for this specific idea has been questioned around what some theories are that have been used to explain social media addiction and more particularly Facebook Addiction (FA) as a whole [1], [2]. With more than 70 languages on the site and nearly 75% of all users belonging to countries outside of the United States, Facebook usage has truly become a global phenomenon. Facebook is accessible from any computer, an iPad, and many mobile devices, keeping individuals who utilize the site "connected" at all times throughout the day. According to a new survey, "48percent of social media users check or update Facebook and/or Twitter after they go to bed and 56 percent feel compelled to check Facebook at least once a day" [3]. A study comparing social capital and college students' use of social networking sites illustrates that there is a relationship between Facebook and the maintenance of

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social capital. Psychologically it is important to understand how there is an association between one's desire to feel socially connected and their Facebook usage. According to the article, "Facebook enables its users to present themselves in an online profile, accumulate "friends" who can post comments on each other's pages, and view each other's profiles" [4]. Online social networking, especially Facebook, has numerous pedagogical advantages for both lecturers and students [8]. "Social networking can support students' indirect sharing of resources, thoughts, ideas, productions, writings, notes, etc. This kind of sharing can provide students with insights into the workings of other students" [9].

**Problem Statement:** The emergence of Facebook and online SNs has become a major trend over the years with growing popularity amongst the younger generation. As online social networking becomes more popular, literature, however, suggests that there is an ongoing debate on the role of online SNs in the social life and academic performance of users. While many researchers claim they can be tempting and addictive with the use of features such as dating, photo and video-sharing, instant messaging, etc., others claim they can be advantageous as they lead to better interaction and cooperation among users. While this debate goes on, there is still lack of strong empirical evidence to show how the use of these tools affect social life and academic performance especially for undergraduates in Sudan universities, hence, the need to clearly establish how these tools relate to undergraduate social life and academic performance which is the focus of this study.

**Rationale:** This research will give information about the impact of Facebook and other SNs usage on academic performance and social life among medical students because it is essential to know the magnitude of the problem in order to solve it for a better academic performance and social life.

## 2 Methodology:

**2.1 Study Design:** Descriptive, analytical cross-sectional institutional-based study.

**2.2 Study Area:** The study was conducted at Faculty of Medicine - University of Khartoum, Sudan.

**2.3 Study Population:** The study population consists of the medical students of the Faculty of Medicine - University of Khartoum.

- Inclusion criteria: medical students in the first years of study; 1st, 2nd and 3rd year students.
- Exclusion criteria: other medical students.

**2.4 Sample Size:** The sample size was found 275 and it was calculated assuming a prevalence of 23.3% of satisfaction regarding the teaching methodology, a 1.96 confidence level and a sample error of 5%.

**2.5 Sampling Technique:** Stratified random sampling technique was used for this study.

**2.6 Data Collection:** A self-administered structured (close ended) questionnaire was used to collect the data from the research respondents.

**2.7 Data Analysis:** Data was entered and analyzed using the Statistical Package for the Social Sciences (SPSS®), version 20.0 and Microsoft® Excel.

**2.8 Ethical Concern:** verbal consent was obtained from each participant before the starting the study.

## 3 Results:

Fig. 1. The prevalence of Facebook and others social networks users among all respondents:

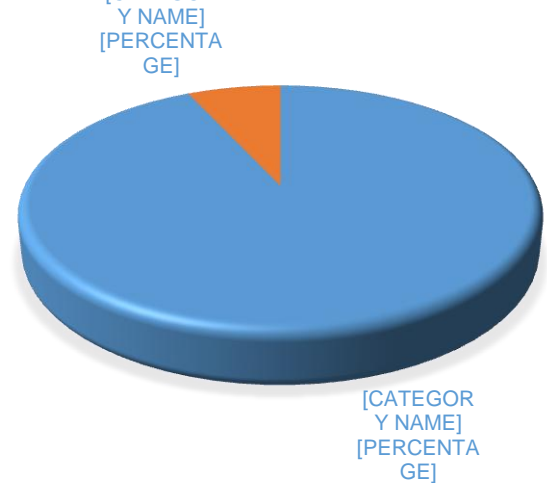
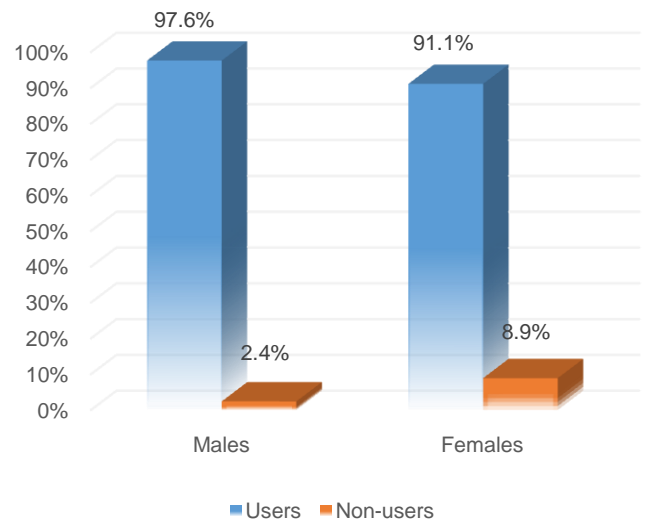


Fig. 2. The prevalence of Facebook and others social networks users according to gender:



Pearson Chi-Square Value = 3.8560

P-value = 0.05

**Table. 1. Chi-Square Test**

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	3.856 <sup>a</sup>	1	0.050		
Continuity Correction <sup>b</sup>	2.909	1	0.088		
Likelihood Ratio	4.614	1	0.032		
Fisher's Exact Test				0.068	0.037
Linear-by-Linear Association	3.842	1	0.050		
N of Valid Cases	275				

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 5.80.  
 b. Computed only for a 2x2 table

Fig. 5. The devices used for login to the social networks among all respondents:

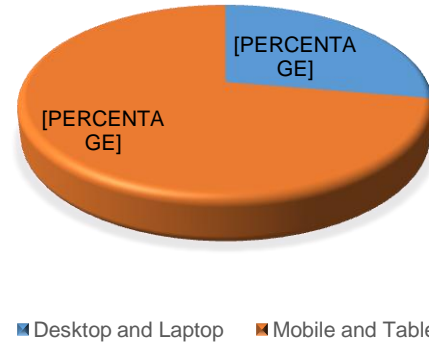


Fig. 3. The prevalence of Facebook usage among all respondents:

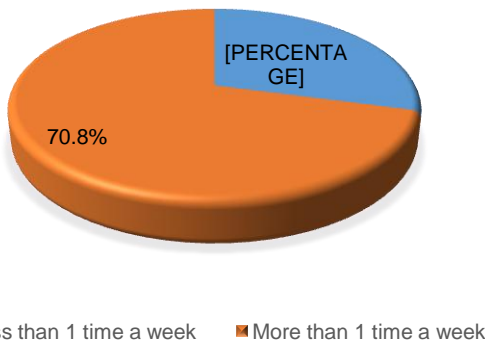
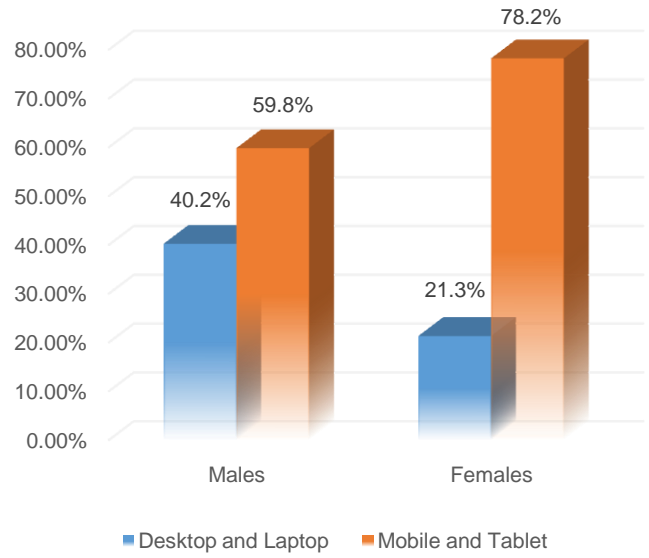


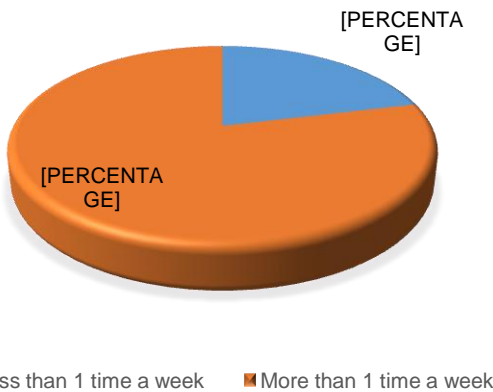
Fig. 6. The devices used for login to the social networks according to gender:



Pearson Chi-Square Value = 9.420

P-value = 0.002

Fig. 4. The prevalence of What's App usage among all respondents:



**Table. 2. Chi-Square Test**

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	9.420 <sup>a</sup>	1	0.002		
Continuity Correction <sup>b</sup>	8.524	1	0.004		
Likelihood Ratio	9.112	1	0.003		
Fisher's Exact Test				0.003	0.002
Linear-by-Linear Association	9.383	1	0.002		
N of Valid Cases	256				

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 22.74.  
 b. Computed only for a 2x2 table

Fig. 7. The prevalence of absence from academic activities because of using the social networks among all respondents:

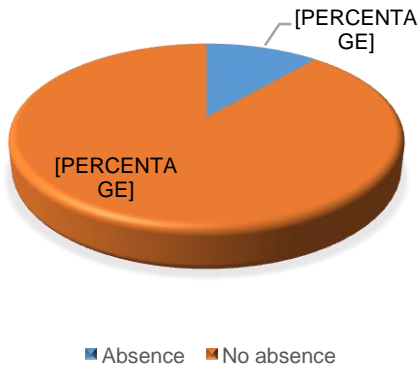


Table. 3. The prevalence of using the social networks during academic activities among all respondents:

		Using of social networks	
		Yes	No
Academic Activities	Study	78.9%	21%
	Lectures	50.8%	49.2%
	Labs	22.7%	77.3%
	Clinical rounds	10.5%	89.5%
	Tutorials	19.9%	80.1%

Table. 4. The prevalence of negative effect of using the social networks on academic performance among all respondents:

		Negative effect	
		Agree	Disagree
Academic Performance	Personal performance	73.80%	26%
	All students performance	91.00%	9.00%
	Concentration	87.90%	12.10%

Fig. 8. The prevalence of benefit from using of the social networks for connecting with others among all respondents:

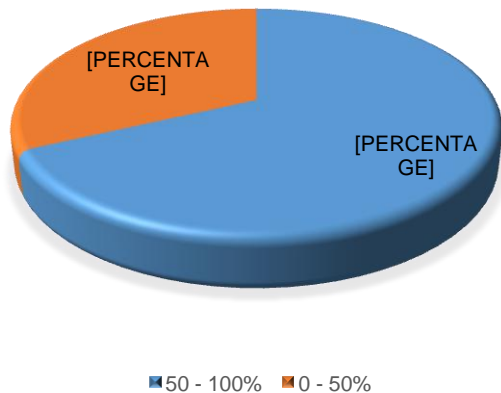


Fig. 9. The prevalence of means that users prefer it to connect with others among all respondents:

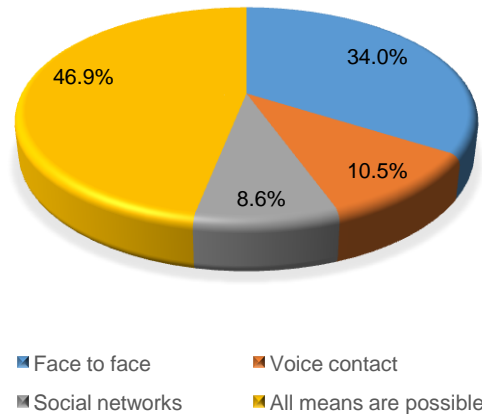
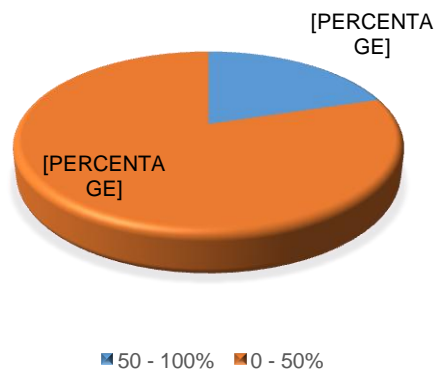


Fig. 10. The prevalence of percentage of lowering the practicing sport exercises because of using the social networks among all respondents:



#### 4 Discussion:

This is descriptive, analytical cross-sectional institutional-based study, conducted in faculty of medicine, Khartoum state. 275 medical students were involved. The prevalence of social networks users among all respondents: was 93.1% users, by compare with 90% users between ages 13 –17 years old in America [5]; the percent is higher among Sudanese student because of awareness of the American families about negative impact of using the SNs on teenagers, and the percent of males users (97.6%) is higher than percent of females users (91.1%). There was a significant association (P-value = 0.05) between prevalence of users and gender because the males have more access to social networks therefore they are more free than females to do what they want without intervention from family or any person responsible from them and that is because of Sudanese culture. Facebook and What's App are the most social networks used more than one time a week among the medical students and the rest of social networks are used one time in more than one week; the prevalence of Facebook usage is high and increasing over years because it is easy, very popular, and, can be login to it from mobiles, tablets, laptops and desktops, and also the prevalence of What's App usage is high and increasing over years because it is free, very easy, can be used on mobiles, tablets, even laptops and desktops, and programed for many operating

systems like: Android, Symbian and Windows Phone. 72.3% users use Mobiles and Tablets, and 27.7% users use Desktops and Laptops. The prevalence of Mobiles and Tablets is higher because nowadays with more technology and using of more smartphones almost all users have mobile or tablets, by compare with 2012 [6]; 27% users use Mobiles and Tablets, 57% users use Desktops and Laptops, and 16% users use all of them, the prevalence of using Mobiles and Tablets is higher in 2013 because of technology evolution and using of more mobile and light devices. The prevalence of using Mobiles and Tablets among females (78.2%) is higher than males (59.8%). There was a significant association ( $P$ -value = 0.002) between prevalence of using Mobile and Tablet and gender because the Mobile and Tablet are more private than Desktops and Laptops. 11.3% users sometimes are absents from academic activities because of using the social networks because they use the social networks late at night or before the academic activities. The most using is during study (78.9%) because most of users study alone and tend to use SNs as break or when they feel dullness. The prevalence of negative effect is very high especially among the females, 73.8% users agree about negative effect of using the social networks on their personal academic performance, 91% users agree about negative effect of using the social networks on all students' academic performance, and 87.9% users agree about negative effect of using the social networks on concentration during academic activities, by compare with study in Nigeria in 2011 [7], 32.7% users agree about negative effect of using the social networks on concentration, 28% users agree about negative effect of using the SNs on their personal academic performance, the prevalence is higher in 2013 because of technology evolution and increase using of internet and social networks. 68% users have a lot of benefit from using of the social networks for connecting with others, and the prevalence of lowering the social activities in real life is low (23.4%); those two percent support each other's. One third of users prefer use face to face contact (34%), 120 (46.9%) users use all means, 27 (10.5%) users use voice contact, and 22 (8.6%) users uses SNs, the last figure explain that the users still active in real life regarding the social activities. The prevalence of lowering the practicing sport exercises is low (20.2%).

## 5 Conclusion:

High prevalence of social networks users. The prevalence of social networks male's users is higher than female's users. Facebook and What's App are used one time in more than one week which can reach more than 5 times a day. Two third of users use Mobile and tablet and most of them are females. 1 out of 10 users is absent from his academic activities because of using the social networks. 8 out of 10 users use the social networks during own study. 5 out of 10 users use the social networks during lectures. The prevalence of negative effect of using the social networks on academic performance among females is higher than males. 7 out of 10 users their academic performance affected negatively from using the social networks. 9 out of 10 users their concentration during academic activities affect negatively from using the social networks. 7 out of 10 users have benefit from using the social networks for connecting with others. 2 out of 10 users lower their social activities in real life because of using the social networks. 2 out of 10 users lower their practicing sport exercises because of using the social networks.

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