

A Descriptive Study to Assess the Nursing Student's Use and Constraint of social media in a Selected Nursing College at Lucknow, Uttar Pradesh, India

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Abstract—social media drastically altered our way of living. Social media is a beneficial instrument for us in the 21st century and could allow us to better our lives and making more convenient. However, we must be mindful of how we utilize them. Social media will benefit us if we can utilize it responsibly. With a quantitative approach, a descriptive study was conducted in Baba Educational Society Institute of Paramedical College of Nursing, Lucknow, U.P. Three hundred (300) nursing students were selected using a convenient sampling technique. The interview was conducted to assess the nursing student's use and constraint of social media. Then, the data were analyzed using statistical methods and the result was interpreted. This study's results showed that 248 (82.7%) students were using social media for academic purposes and 52 (17.3%) were not used for academic purposes. Two hundred and eighteen (72.7%) students used social media to socialize, but 82 (27.3%) students were not. Most of the students (184[61.3%]) were using social for entertainment, and 116 (38.7%) students were not considering social media as an entertainment medium. A large number of students, 243 (81%), were getting information from social media; at the same time, 57 (19%) students were not getting information from social media. Regarding the constraint of social media, 183 (61%) students faced difficulties with social media, while 117 (39 %) were not. This result shows that social media platforms benefit nursing students' academic activities. At the same time, it can also deteriorate their academic activities if not used with precautions.

Keywords: Descriptive, social media, Nursing, Student, Constraint.

I. INTRODUCTION

Social media is a web-based technology that makes it easier for many individuals to communicate socially through a network. Social media is “A range of Internet-based apps that build on the theoretical and technological underpinnings of Web 2.0 and that enable the creation and exchange of user-generated content” [1].

Social media is a platform that can assist nursing faculty in helping students gain a greater understanding of communication, professionalism, healthcare policy and ethics [2]. According to Rikka Tuominen, et al. (2014), there is little active use of new designed learning environments and little use of social media in nursing education. Social media in nursing education has been seen to have great potential [3].

One of the most popular social media networks is Facebook, with over 2.95 billion active users [4]. Facebook emphasizes connecting users with their family and friends, whereas other platforms, for instance, LinkedIn, focus on social networking among professionals.

According to Sunnyvale, CA (2022), more than 850 million regular members are registered on social media. The LinkedIn mission states that its goal is to “connect the world's professionals, in order to allow them to be more successful and productive”. This platform enables users to advertise their educational background, work experience, skills and accomplishments, which may potentially result in work recruitment [5]. YouTube platform also permits viewers to comment on the content available, which omits a discussion forum for people to connect, inform and inspire [6]. Also, recently, the user started many

education-related channels, which help students in their education.

Global Social Networks (2022) ranked social media by the number of users. Facebook was discovered to be the most widely used online network, with 96 percent of all university students claiming to use it regularly. 10% of students use LinkedIn regularly, making it the least popular social media site. Percentage of students who use each platform Facebook 96%, YouTube 84%, Blogs 20%, Twitter 14%, MySpace 12% and LinkedIn 10% [7].

Social media can bring benefits such as increased access to information for education, sharing resources and experiences with other students, and connecting with professional associations and qualified nurses, among others [8]. However, social media can also introduce individual and organizational risks such as misinformation [9].

Very few studies were done to assess the nursing student's use and constraint of social media in the Indian setting. This provoked the investigator to select the study. With this in mind, the researcher has justified the necessity to assess the nursing student's use and constraint of social media.

A. *Statement of the problem*

A descriptive study to assess the nursing student's use and constraint of social media in a selected nursing college at Lucknow, Uttar Pradesh.

B. *Objectives*

- To assess the nursing student's use of social media.
- To assess the nursing student's constraint of social media.

C. *Operational definitions*

Descriptive study:

It is a type of research characterized by containing descriptions of social media.

Assess:

It means identifying the nursing student's use and constraint of social media.

Nursing students:

The students study at Baba Educational Society Institute of Paramedical College of Nursing, Lucknow, U.P.

Use of social media:

The use of computer-based technology facilitates the sharing of ideas, thoughts and pieces of information.

Constraint of media:

It is a limitation of every type of existing media.

Social Media:

Social media can be defined as a variety of internet-based tools that help users connect, collaborate, and communicate with others in real time, including Facebook, YouTube, WhatsApp, Messenger, Instagram, Twitter, etc.

Nursing College:

It denotes the Baba Educational Society Institute of Paramedical College of Nursing, Lucknow, U.P.

D. *Assumptions*

- Nursing students of the selected nursing college will have good intentions regarding social media.
- Social media can deteriorate the nursing student's performance in studies.

E. *Delimitations*

- The study's sample size is 300 nursing students in a selected nursing college.
- The study was delimited to a period of 2 weeks only. The study was delimited to nursing students in selected nursing college of Lucknow, Uttar Pradesh.

II. MATERIAL AND METHOD

A. *Research approach and design*

Quantitative approach with a non-experimental, descriptive research design was adopted for this study to assess the nursing student's use and constraint of social media in a selected nursing college in Lucknow, Uttar Pradesh.

B. *Setting*

This study was conducted in Baba Educational Society Institute of Paramedical College of Nursing, Lucknow, UP. The college is affiliated to the Ram Manohar Lohia Awadh University, Ayodhya, U.P and Atal Bihari Vajpayee Medical University, Lucknow, U.P. Baba Educational Society focuses on delivering advanced nursing and medical education with the vision of women empowerment. This college provides a wide variety of courses in a nursing discipline, such as M.Sc. (N), B.Sc. (N), GNM and ANM.

C. *Sample, sample size and sampling technique*

The sample of this study consists of all nursing students studying at Baba Educational Society Institute of Paramedical College of Nursing, and the sample size is three hundred (300). For this study, the samples were selected using a convenient sampling technique; one type of non-probability sampling

engages the sample being drained from that part of the population which is near, readily available and convenient.

D. Criteria for sample selection

Inclusion criteria

- The nursing students who were willing to participate in the study.
- The nursing students who were available at the data collection time.
- The nursing students who were using android phones and iPhones.
- The nursing students who were participating in social media activities.

Exclusion criteria

- The nursing students who were not available during the study.
- The nursing students who were not participating in social media activities.

E. Description of the tool

The tool consists of two parts,

PART-I

Part-I describes the demographic variables, including age in years, course of study in nursing, year of study, residential area, family monthly income, pocket money per month, amount (Rs) used for data recharge, total data used for one month, tele communication company, name of the social media use, numbers of years active in social media, approximate time of sleep in a night, duration of use of social media per day, specify the time of using social media.

PART-II

This part has 24 questions regarding social media uses & constraints and is divided into 5 sections: Section A: Academic, Section B: Socialization, Section C: Entertainment, Section D: Informative and Section E: Constraints.

Section A: It contains 07 questions regarding the academic usage of social media by nursing students.

Section B: It contains 06 questions regarding the usage of social media for becoming socialized by nursing students.

Section C: It contains 4 questions asking about the usage of social media for entertainment by nursing students.

Section D: It contains 03 questions regarding using social media to collect information by nursing students.

Section E: It contains 04 questions asking about the problems and limitations of using social media by nursing students.

F. Testing of the tool

The tool validity was obtained from experts from various nursing colleges. The recommendations and suggestions of experts were considered to modify the item of tool. The reliability of tool was obtained from conducting pilot study and assessing Cronbach's alpha. Reliability of the tool was 0.83. Thus the tool was found highly significant and reliable.

G. Data collection procedure

The main study was conducted at Baba Educational Society Institute of Paramedical College of Nursing. The study was conducted between 07.02.2022 to 14.02.2022. Three hundred (300) nursing students were selected using a convenient sampling technique. The interview was carried out after taking the students' willingness by a consent form.

After the self-introduction, the investigators explained the interview's purpose and requested frank replies to the questionnaire. Then, the investigators collected the demographic variables from the nursing students and monitored the use and constraint of social media among nursing students. The data were analyzed using the statistical method, and the result was interpreted.

III. RESULTS

A. Demographic variables of the nursing students

In the age of nursing students, 29 (9.7%) were in 17 to 18 years, 135 (45%) in 19 to 20 years and the remaining 136 (45.3%) in 20 and above. The majority of B.Sc. Nursing students participated as a research sample (190/63.3%), and GNM and ANM students were 78 (26%) and 32 (10.7%), respectively. Students in the first, second, third and fourth years accounted for 97 (32.3%), 81 (27%), 16 (5.4%) and 106 (35.3%), respectively. Of 300 students, 136 (45.3%) were day scholars, and 164 (55.7%) were hostlers.

With consideration of students' family monthly income, 102 (34%) were at a level of less than Rs. 10000, 97 (32.2%) were between Rs. 10001 and Rs. 20000, 39 (13.0%) were between Rs. 20001 and Rs. 30000 and 62 (20.7%) students have monthly family income above Rs. 30000.

One hundred and seventy-nine (179 [59.7%]) of students were getting Rs. 200-500 as a pocket money

per month, 85 (28.3%) were getting less than Rs. 500 and 36 (12%) were getting more than Rs. 500.

According to the data collected, 127 (42.3%) students were using 200 to 500 Rs. on mobile recharge, 57 (19%) were using above 500 Rs., and the remaining 116 (38.7%) students were using less than 200 Rs for data recharge.

Regarding the total data used for one month, 1 GB was used by 54 (18%) students, 1.5 GB was used by 83 (27.7%), 2 GB was used by 18 (6%), 2.5 GB was used by 12 (4%), 3 GB was used by 22 (7.3%), and 111 (37%) students were used above 3 GB. With consideration of telecommunication companies, 197 (65.7%) students used Jio, 93 (31%) used Airtel, 5 (1.7%) used BSNL, and 5 (1.7%) used Idea network. Most of the students were using WhatsApp (261 [(87%)]). Twelve (12 [4%]) students were using Facebook Messenger and 19 [6.3%]) were using Instagram. Only one student was using Twitter (0.3%) and 7 (2.4%) were using LinkedIn. No one uses Telegram.

About the number of years they were active in social media, 135 (45%) students were using social media for 2 to 3 years, 107 (35.7%) students were using it for less than a year, 40 (13.3%) students were using social media for 4 to 5 years and 18 (6%) were using it for more than 5 years.

Out of 300 students, 162 (54%) students sleep around 10 Pm to 12 Pm and 75 (25%) sleep after 12 am, 19.36% (59) of students sleep before 10 pm at night and 1.3% (4) sleep after 2 am. Out of 300 students, 179 (59.7%) were using 1 hour of social media per day and 99 (33.0%) were using 2 to 3 hours, while 22 (7.3%) were using more than 3 hours per day. Twenty percentage (20%) of students were using social media between 6-8 Pm, 19.36% were using between 5-6 Pm. and 14.35% were using between 4 to 7 AM.

B. *Nursing student's use of social media*

Of 300 students, 237 (79%) students were using social media to solve their academic problems, whereas 63(21%) students were not using social media to solve their academic problems. There were 265 (88.3%) students, using social media for research work, whereas 35 (11.7%) students were not using social media for research work. With regard, 233 (77.7%) students were using social media for online academic group discussion, whereas 67 (22.3%) students were not using social media for online academic group discussion. Regarding communication with friends via

social media for exam preparation, 237 (79%) students were actively doing it, while 63 (21%) students were not.

Out of 300 students, 262 (87.3%) students were using social media for collaborative learning, but 38 (12.7%) students were not using it. Regarding learning about curricular aspects, 246 (82%) students were using social media while 54 (18%) were not. According to the result, 253 (84.3%) students were using social media to seek help from their teacher, whereas 47 (15.7%) students were not using it.

Two hundred and seventeen (217 [72.3%]) students were using social media to become more sociable, whereas 83 (27.7%) students were not using it for the same purpose. Out of 300 students, 209 (69.7%) and 91(30.3 %) were using and not using social media to create social identity, respectively. One hundred and eighty-six (186[62%]) students were using social media for attending a social gathering, whereas 114 (38%) students were not using it. Concerning the use of social media for strengthening international relationships, 176 (58.7%) students were doing it, while 124 (41.3%) were not doing it. Considering the use of social media to keep in touch with relatives and friends, 263 (87.7%) students were using whereas 37 (12.3%) students were not using it. Of 300 students, 260 (86.7%) were using social media to get information regarding current social events, but 40 (13.3%) were not.

Also, 129 (43%) students were using social media to share their personal pictures and videos, but 171 (57%) students were not using it for the same goal. Within 300 samples, 191 (63.7%) students were using social media to look funny sharing, whereas 109 (36.3%) students were not. One hundred and eighty-three (183[61%]) students were using social media for watching movies, whereas 117 (39%) students were not using social media for watching movies. Concerning getting relief from academic stress, 233 (77.7%) students were using social media as a stress reliever, while 67 (22.3%) students were not.

Consideration, 264 (88%) students were using social media for reading news, whereas 36 (12%) students were not using social media for reading news. With regard, 221 (73.7%) students were using social media for sharing new ideas, whereas 79 (26.3%) students were not using it for the same. Of 300 students, 254 (84.7 %) were getting job-related information from

social media, whereas 46 (15.3%) students were not using it.

C. Nursing student’s constraint of social media.

Two hundred and six (206[68.7%]) students were facing difficulty in finding exact information for academics via social media, whereas 94 (31.3%) students were not facing difficulty in finding exact information. Considering that 191 (63.7%) students were in a state of compulsive use of social media, 109 (36.3%) students did not consider social media a problematic issue. Concerning postponed activities of students’ academic work for spending more time on social media, 136 (45.3%) students were accepted, whereas 164 (54.7%) students were not.

Regarding 199 (66.3%) students said they faced difficulty concentrating on studies while using social media, but 101 (33.7%) students were not.

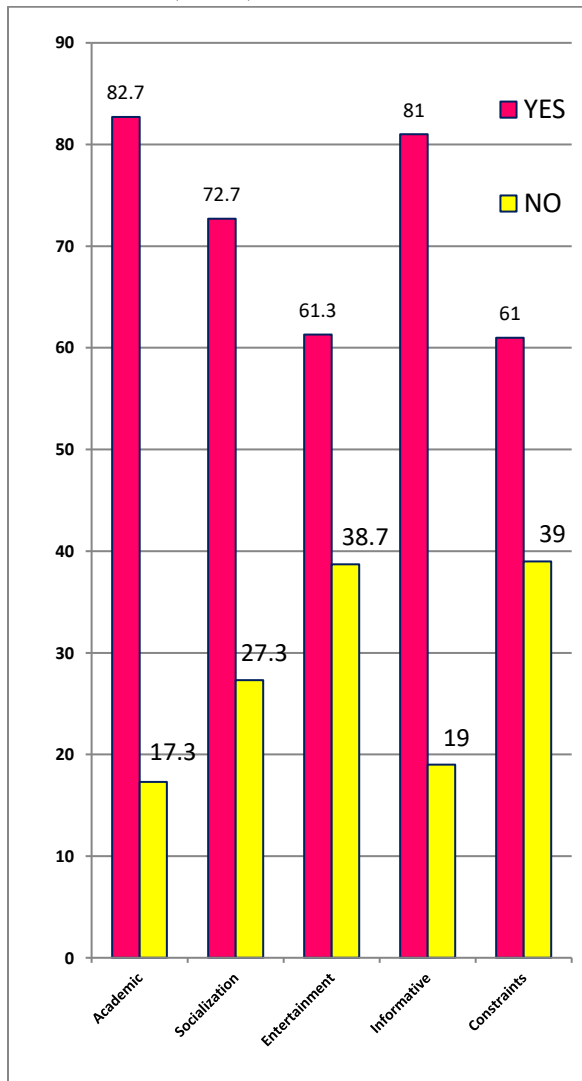


Fig. I: Distribution of overall nursing student’s use and constraint of social media.

IV. DISCUSSION

Figure 1 and Table 1 shows the overall nursing student’s use and constraint of social media. This study’s results confirmed that 248 (82.7%) students were using social media for academic purposes, and 52 (17.3%) were not used for academic purposes. Two hundred and eighteen (72.7%) students used social media to socialize, but 82 (27.3%) students were not. Most of the students (184[61.3%]) were using social for entertainment, and 116 (38.7%) students were not considering social media as an entertainment medium. A large number of students, 243 (81%), were getting information from social media; at the same time, 57 (19%) students were not getting information from social media. Regarding the constraint of social media, 183 (61%) students faced difficulties with social media, while 117 (39 %) were not. Most of the nursing students in this study knew about digital professionalism and were aware of professional guidelines on social media use. Also, the study result shows the constraint level with a minimum percentage.

Table I: Distribution of overall nursing student’s use and constraint of social media.

SL. NO.	USE AND CONSTRAINT OF SOCIAL MEDIA	N=300	
		FREQUENCY	PERCENTAGE
1.	Academic Yes	248	82.7
	Academic No	52	17.3
2.	Socialization Yes	218	72.7
	Socialization No	82	27.3
3.	Entertainment Yes	184	61.3
	Entertainment No	116	38.7
4.	Informative Yes	243	81.0
	Informative No	57	19.0
5.	Constraints Yes	183	61.0
	Constraints No	117	39.0

V. CONCLUSION

This study demonstrates how social networks assist nursing students in their academic and learning

endeavors. Also, students must exercise prudence while using social media.

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