

PSYCHOLOGICAL STRESS MANAGEMENT STRATEGIES FOR STUDENTS' SOCIAL MEDIA OVER USAGE IN FEDERAL UNIVERSITY OF KASHERE NIGERIA

Alhaji DANLADI

Alhajidanladi8@gmail.com

08036780770

Bshir ABDULLAHI PhD

08064490953

&

Muhammad B. HASHIDU PhD

08076041777

*Department of Educational Foundations,
Federal University of Kashere, Gombe state.*

Abstract

This study investigates the psychological stressmanagement strategies for students' social media over usage in Federal University of Kashere Nigeria the specific objectives of the study is to determine the extent of social media usage among Federal University of Kashere, Gombe state Students, and identify major sources of psychological stress related to social media usage among Kashere, Gombe state Students. Media serve as a means to send and receive information. Most of this information can be used in a negative way. On the other hand, media can be used for good, to disseminate information, facts and ideas that may be important for the people to share. While social media site can be seen as any Web site that allows for social interaction, such as, Facebook, MySpace, WhatsApps, Twitter, game sites, video sites, such as, YouTube; and blogs. In fact, using social media Web sites nowadays is the common hobby among adolescents and adults. The research design adopted for this study was descriptive survey. The target populations of this study were the Faculty of Education 300 level students of Federal University of Kashere Gombe state Nigeria. Sample of 100 students were randomly selected from the population of about 1100 students using Morgan, K. (1970). The instrument adopted for data collection was self-structured questionnaire titled, "Psychological Stress Management Questionnaire, data collected from the respondents will be analyzed using descriptive statistics by mean and standard deviation to answer two research questions. Results of the study revealed that social media over usage affect students emotionally. Lastly study recommended that parents and teachers should supervise the activities of their children.

Introduction

Media serve as a means to send and receive information. Most of this information can be used in a negative way. On the other hand, media can be used for good, to disseminate

information, facts and ideas that may be important for the people to share. While social media site can be seen as any Web site that allows for social interaction, such as, Facebook, MySpace, WhatsApps, Twitter, game sites, video sites, such as, YouTube; and blogs. In fact, using social media Web sites nowadays is the common hobby among adolescents and adults. However, everything in this world has its negative and positive sides. Despite the many benefits associated with social media, there are a number of negative effects caused by its over usage. Among the common negative effects of social media usage includes: stress, anxiety, depression, hacking, scams, cheating, internet addiction, and cyber bullying as well as social relationship problems. Madden and Zickuhr (2011) reports that more than 2 billion people worldwide use the Internet and an increasing number connect with social networks. The statistics states that 65% of online adults use social networking sites, a significant increase from 28% in 2009 and 8% in 2005. This percentage increases to 83% if only users aged 18-29 years are included.

Stress is a body's way of responding to any kind of demand or threat. Stress is the body's reaction to any change that requires an adjustment or response. Human body reacts to these changes with physical, mental, and emotional responses. In fact, Social media has been found to induce stress in different ways. While psychological stress is a feeling of emotional strain and pressure. Excessive amounts of stress, can increase the risk of stroke, heart attacks, ulcer, and mental illness. The most significant issue to students' and teenagers' life is to study, gaining knowledge, learning and good habits to become a person with a good moral character. However, many studies buttress that this optimal learning process is seriously jeopardized by students becoming engaged by the ploys of social media. Therefore, social media sites draws the attention of students and teenagers; negatively affects their pursuance of education and may results to immoral acts and undesirable actions such as useless chatting, pornography and unnecessary searching on internet. More so, students neglect their studies by spending much time on social sites rather than studying or interacting person to person. This actively affects their grades and mental health, which in turn leads to various problems of depression, sleep deprivation, anxiety, untimely food habits among others. Furthermore, to access social media there are many mini communication devices available in the market like cell phone, tablets, computers, laptop, i-phones, palm tops and they all support internet. In view of this background therefore, the study focused on the negative impact of social media over usage by students and techniques of managing social media stress to enhance mental health and high academic achievement.

Objectives of the Study

The main objective of this study is to find out the psychological stressmanagement strategies for students' social media over usage in Federal University of Kashere Nigeria the specific objectives of the study are:

1. To determine the extent of social media usage among Federal University of Kashere, Gombe state Students

2. To identify major sources of psychological stress related to social media usage among Kashere, Gombe state Students

Research Question

The following research questions guided the conduct of study:

1. To what extent do social media over usage affect Federal University of Kashere, Gombe state Students?
2. What are the major sources of psychological stress related to social media usage among Kashere, Gombe state Students?

Methodology

The research design adopted for this study was descriptive survey. The design concerned with findings, describing and interpreting a phenomenon. The design is considered appropriate for the study because the researcher does not have any intention to manipulate the study's variables but to study them as they occur naturally. The populations of this study were the Faculty of Education 300 level students of Federal University of Kashere Nigeria. Sample of 100 students were randomly selected from the population of about 1100 family using Morgan, K. (1970) scale for determining sample size. Simple random sampling techniques were used because the population is beyond the needed capacity to avoid bias selection. From each cardinal, equal number of respondent was randomly selected to provide data. The instrument adopted for data collection was self-structured questionnaire titled, "Psychological Stress Management Questionnaire. The questionnaire consists of two sections. Section: A demands for personal data of the respondents. While sections B, get information on Psychological Stress Management over social media usage. Section B consists of 5 items requesting information on the content of research. The instrument consists of 10 items using a 4-point likert scale of Strongly Agree (SA) 5-point, Agree (A) 4 points, Disagree, (D) 2 point, Strong Disagree (D) 1 point.

The instrument was subjected to face and content validity from the experts in Test and measurement and those in Guidance and Counselling some items were withdrawn and reconstructed. To ensure reliability, the questionnaire will be tested through a pilot study involving a small number of respondents who are not part of the main sample. The responses obtained will be analyzed to determine whether the questions are clear and consistent. Necessary adjustments will be made before the final administration of the questionnaire. The data collected from the respondents will be analyzed using descriptive statistics by mean and standard deviation to answer two research questions. Using mean decision of 2.5 Any items mean scores below 2.5 will be consider as negative and any items scores above 2.5 will be consider as positive.

Result

Research Question 1: To what extent do social media over usage affect Federal University of Kashere, Gombe state Students?

Table 1: Descriptive statistics on extent do social media over usage affect Federal University of Kashere, Gombe state Students

S/N	Statement/Question	SA	A	D	SD	Total	Mean	Stand. D	Decision
1	Over social media usage affects my academic performance	124	78	40	23	265	2.6	44.84	Positive
2	Constant WhatsApp chatting makes me headache all the time and cannot pay attention to my studies	136	81	38	20	275	2.7	51.62	Positive
3	My focus always on social media chatting while lectures is on going	140	78	40	19	277	2.7	53.11	Positive
4	My performance is always increasing due to social experience	80	57	68	27	232	2.3	22.70	Negative

Source: Field Work 2025

The results of respondents on extent do social media over usage affect Federal University of Kashere, Gombe state Students is presented in Table 1 the respondents item 1 with mean score of 2.6 which is above mean decision of 2.5, also item 2 indicate positive response with mean score of 2.7, then item 3 indicate positive response with mean score of 2.7, then lastly item 4 indicate negative response with mean score 2.3 which was below decision mean of 2.5. Therefore we can say that, social media over usage affects Federal University of Kashere Education students psychologically and academically due to constant chatting, lack of academic concentration and stressful after prolong chatting at night, and lack of qualitative sleep.

Research Question 2: What are the major sources of psychological stress related to social media usage among Kashere, Gombe state Students?

Table 2: *Descriptive Statistics on major sources of psychological stress related to social media usage among Kashere, Gombe state Students*

S/N	Statement/Question	SA	A	D	SD	Total	Mean	Stand. D	Decision
1	Do social media provides you with different sources of information related to your area of study	156	84	42	12	294	2.9	62.43	Positive
2	Do social media makes you to feel more comfortable in your life	96	99	34	26	255	2.5	39.13	Positive
3	I use social media in order to be connected with my cliques	116	90	48	17	271	2.7	43.93	Positive
4	Social media always provides me with information that will assists my life	160	48	52	18	278	2.7	62.21	Positive
Aggregate mean							2.1		

Source: Field Work 2025

The results of respondents on major sources of psychological stress related to social media usage among Kashere, Gombe state Students is presented in t Table 2 the respondents items 1, 2, 3, and 4 indicates Positive responses towards major sources of psychological stress related to social media usage among Kashere, Gombe state Students because all the items mean scores were above the decision mean of 2.5. Therefore, we can say that, the following are the reasons: provides with different information in related to area of studies, feeling more comfortable in life, connected with peers and cliques.

Discussion

The finding of research question one extent do social media over usage affect Federal University of Kashere, Gombe state Students revealed that. The following are the major sources of social media usage constant chatting, lack of academic concentration, and stressful after prolong chatting at night, and lack of quality sleep the finding is in line with Crowley, Cain, Burns, Acebo, and Carskadon, (2015) whose finding revealed that long overdue social media usage will affect the individually psychologically, physically, and emotionally.

Also the finding of research question two on major sources of psychological stress related to social media usage among Kashere, Gombe state the finding revealed that negative effect of social media overdo, are sleep deprivation. Low academic, performance, poor academic activities, dizzy, and lack of motor control. The finding is in line with Ajay and Yashaswi (2017).

Conclusion

Stress has become a very worldwide poison experienced by students universally. Meanwhile stress management is a technique to remove stress from life by identifying the factors that cause stress. Social media stress challenges students in their pursue of knowledge. In view of this therefore, strategies are needed to reduce the negative aspects of social media stress (distress) which lessen students' learning and performance. The key to reducing distress is providing students with a feeling of control over their education, information about what to expect, and feedback regarding what can be done to improve their performance.

Recommendations

Based on the findings of the study the following recommendations have been made:

1. Parents should supervise the activities of their inwards at home
2. Prevention of social media usage in the school
3. Control of social media usage at home
4. Orientation on the hazards associated with long overdue social media usage by the students
5. Guidance on social media activities by school counsellor

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