

Perception, our freedom of action versus consciousness regarding social media and website

Rahman MS^{1*}, Chowdhury ZMR², Ahmed M³, Rabbi MF⁴, Pasha FM⁵, Billah I⁶, Dola TA⁷

AFFILIATION:

- Mohd. Saifur Rahman**
Professor, Community Medicine, East-West Medical College.
- Zobaid Mohammad Rahat Chowdhury**
Assistant Professor, Community Medicine, East-West Medical College, Dhaka, Bangladesh
- Mahmuda Ahmed**
Assistant Professor, Community Medicine, East-West Medical College, Dhaka, Bangladesh
- Md. Ferdous Rabbi**
Associate Professor, Community Medicine, East-West Medical College, Dhaka, Bangladesh
- Faisal Mahmud Pasha**
Assistant Professor, Community Medicine, Shaheed Monsur Ali Medical College, Dhaka, Bangladesh
- Iren Billah**
Lecturer, Community Medicine, East-West Medical College, Dhaka, Bangladesh
- Taslina Ahmed Dola**
Lecturer, Community Medicine, East-West Medical College, Dhaka, Bangladesh

ABSTRACT:

Objectives: Apart from the benefits, social media also brings threats to teenagers. They are at risk if they access the internet under the age they are not allowed without their parent's permission. Children and teenagers widely use social media and recent studies have shown that they spend the majority of their time daily on social media pages. This study aimed to evaluate whether our freedom of action has increased but not consciousness regarding social media and websites. **Materials and Methods:** This descriptive cross-sectional study was conducted among the students, teachers, and clinical doctors of East-West Medical College and Hospital and elite society of some areas at Uttara Model Town, Dhaka during the period from January 2018 to April 2018. A total of 365 purposively selected respondents were included in this study. After taking consent from the respondent's data were collected by self-administered written questionnaire. Data were checked, cleaned, and edited to find any inconsistencies before entering into the computer. Analyses of data were done using computer software SPSS version 23.0. Analyzed data are presented by appropriate tables and charts. For qualitative data frequency distribution was shown. For the quantitative variables, different statistics (mean, median, mode, standard deviation, etc.) were calculated. **Results:** There were altogether 23 statements and it was seen that most of the respondents agreed with the statements. The proportion of consent ranged from 52% to almost 99%. In the cases of 12 statements, it was above 90%. In cases of 6 statements, it was from 80% to 89%. In cases of 3 statements, it was from 70% to 79%. Only one statement had a proportion of consent of 69.3% and only one had 52.1%. Most (95.6%) of the respondents mentioned that one major mental fluctuation of the young due to excessive smartphone use was 'detachment from family and society. Another important mental fluctuation was 'aggressive attitude' as mentioned by 68.8% of the respondents. Nearly half (47.1%) of the respondents mentioned 'depression'. Other mental fluctuations of the young due to excessive smartphone use were 'apathy', 'jealousy', and 'lack of love and respect for elders' as mentioned by 26.6%, 19.2%, and 5.2% of the respondents respectively. **Conclusion:** There are positive and negative impacts of using the internet and different social media. But problems start when someone indiscriminately uses the internet or social media or when one uses those excessively. Aggressive attitude, detachment from family and society, apathy, depression, jealousy, lack of love, and respect for elders may be due to excessive social media use. However, it is clear that social media affects people differently, depending on preexisting conditions and personality traits. But at the same time, it would be wrong to say that social media are universally bad things because it brings myriad benefits to our lives.

KEY WORDS : Perception, Freedom of action, Consciousness, Social media and website

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* **Corresponding Author**

Mohd. Saifur Rahman

Professor, Community Medicine,
East-West Medical College, Dhaka, Bangladesh

E-mail: drshahin.saifur@gmail.com

Mobile No. +8801712058869

INTRODUCTION

"Nowadays, a lot of teenagers utilize social media (sites). They've incorporated it into their regular routine. A social media site is defined as any website that allows for social interaction. Social networking sites such as Facebook, Twitter, Instagram, and Myspace; gaming sites and virtual worlds such as Club Penguin, Second Life, and the Sims; video sites such as YouTube; and blogs are all examples of these pages. As a result, such sites provide a platform for amusement and communication for today's young. 73 percent of wired American youths currently use social networking websites, a considerable rise from earlier surveys."¹ "Another study has shown that 22 % of the teenagers log in their preferred social networks more than ten times per day, and half of the teenagers that were asked, log in to this social media more

than one times per day.”². “According to the American Psychological Association (APA), the number of pre-teens and teenagers who frequent these pages has climbed considerably in the previous five years. According to a European Union research from 2014, 59 percent of children aged 9 to 16 have a social networking profile, including 26 percent aged 9 to 10, 49 percent aged 11 to 12, 73 percent aged 13 to 14, and 82 percent aged 15 to 16.”³. “Social networking is most popular in the Netherland (80%), Lithuania (76%), and Denmark (75%), and least in Romania (46%), Turkey (49%), and Germany (51%)”⁴. ‘On the one hand, the internet provides numerous options for education, pleasure, enrichment, and personal development. As a result, parents are supportive of its use and urge their children and adolescents to do so responsibly. Parents, on the other hand, have mixed feelings about the internet since they are aware of the dangers it poses by exposing users to inappropriate content such as pornography, violence, commercialism, cyberbullying, unsupervised social relationships, and privacy and security concerns.”⁵. “Recent studies have shown some benefits derived by these teenagers as they have improved in their communication. At the same time, they have also improved their social life and emotional life which have a great impact on their development process. Social Media may also provide a supportive environment for adolescents to explore romance, friendship, and social status, and it provides teens the opportunity to share and discuss their musical tastes, knowledge of television and movies, video games, and the other aspects of adolescent culture. Social media sites allow teens to meet many online tasks that are relevant to their lives offline: to lie about friends and family, make new friends, share photos, and share ideas”⁶.

“Again, social media sites allow teens to accomplish many online tasks which are important to them offline: staying connected with friends and family, making new friends, sharing pictures, and exchanging ideas. Teenagers can find and access online information about their health concerns easily and anonymously. Excellent health resources are increasingly available to youth on a variety of topics of interest, such as sexually transmitted infections, stress reduction, and signs of depression”⁷. Teens also use online searches to seek answers to many of their health concerns, according to Lenhart et al. (2010)¹, with 31% of online teens getting health, dietary, or physical fitness information. Seventeen percent of teenagers who use the internet say they use it to research health issues that are difficult to share with others, such as drug use and sexual health”^{8,9}.

MATERIALS AND METHODS:

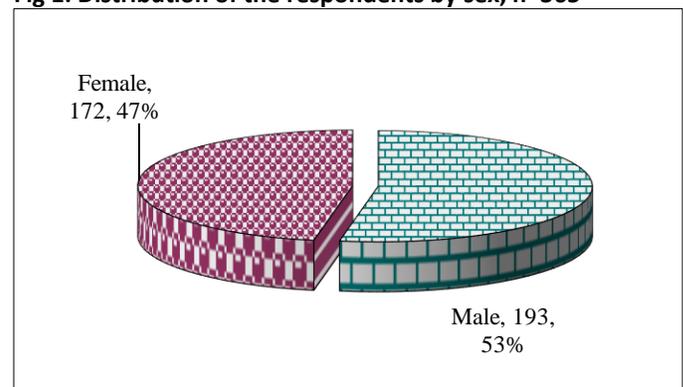
This was a descriptive cross-sectional study. The study was conducted in East-West Medical College & Hospital, and some areas at Uttara Model Town, Dhaka. The study period was conducted from January 2018 to April 2018. A total of 365

respondents were included in this study. Students, teachers, and clinical doctors of East-West Medical College & Hospital and elite society residing at Uttara Model Town, Dhaka were the study population. Those who have given consent to participate in the study were included. A purposive sampling technique was adopted a semi-structured questionnaire was used for data collection. Administered written questionnaire was the data collection technique. After data collection, the data were checked, cleaned, and edited to find out any inconsistencies before being entered into the computer. Analyses of data were done using computer software SPSS version 23. Analyzed data is presented by appropriate tables and charts where suitable. For qualitative data frequency distribution was shown. For the quantitative variables, different statistics (mean, median, mode, standard deviation etc.) were calculated.

RESULTS

Different Types of Data are presented in tables and drawings are given below.

Fig 1: Distribution of the respondents by sex, n=365



Among the total 365 respondents, 193 (52.9%) were male and the rest 172 (47.1%) were female (Fig 1).

Fig 2: Category of the respondents n=365

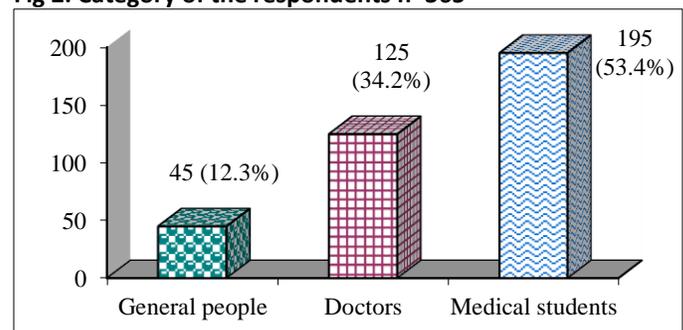
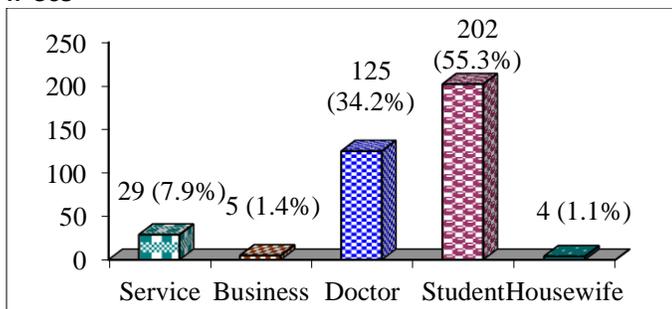


Figure 2 opines that out of total 365 respondents 45 (12.3%) were general people, 125 (34.2%) were doctors from East-West Medical College and Hospital and the rest 195 (53.4%) were students of East-West Medical College.

Fig 3: Distribution of the respondents by occupation n=365



Regarding occupation it was seen that 202 (55.3%) were students, 125 (34.2%) were doctors, 29 (7.9%) were service holders, 5 (1.4%) were doing business and the rest 4 (1.1%) respondents were housewives (Fig 3).

Table 1: Distribution of the respondents by education

Education	Frequency	Percent
SSC	4	1.1
HSC	37	10.1
MBBS Student	195	53.4
Graduate	62	17.0
Post Graduate	67	18.4
Total	365	100.0

Table 1 reveals that majority [195 (53.4%)] were studying MBBS, 67 (18.4%) respondents were post graduates, 62 (17.0%) were graduates, 37 (10.1%) passed HSC and the rest 4 (1.1%) were having SSC.

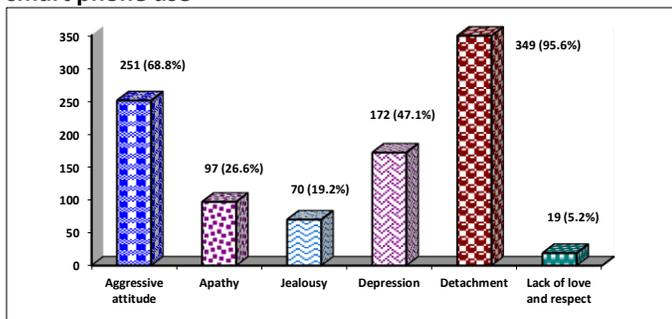
Statement	Agree	Don't agree
Do you agree, anywhere and everywhere of our country smart phone has now reached even to the people of low socio-economic status.	338 (92.6%)	27 (7.4%)
To someone, smart phone is necessity of life and to someone, it is a symbol of status.	336 (92.1%)	29 (7.9%)
But the problem started, when someone thinks, that without smartphone life is meaningless / inactive.	312 (85.5%)	53 (14.5%)
Gradually and subconsciously we are inclined to excessive use of social media (Facebook, Imo, Viber, online game, twitter, blog, Instagram, WhatsApp) and websites (Google, You Tube).	355 (97.3%)	10 (2.7%)
With or without understanding the adverse consequences of these new technologies (Social media, website) we are using it day after day.	340 (93.2%)	25 (6.8%)
At the twilight of our life, we have reached in such a stage about this new technology (Social media, Website) that, We cannot go for a day	294 (80.5%)	71 (19.5%)
At the twilight of our life, we have reached such a stage with this new technology (Social media, Website) that, We have no point of return	190 (52.1%)	175 (47.9%)

The influence of these new technologies (Social media, websites) gradually decreases our love and affection, sympathy and compassion, respect & belief in our day-to-day life.	279 (76.4%)	86 (23.6%)
Conflict and complex relationships due to suspicion, disbelief, fraudulency, Unrest are gradually increasing between husband and wife, between parents and their offspring for the excessive inclination of these new technologies (Facebook, IMO, Viber, Twitter, blog, Instagram, WhatsApp) and websites (Google, YouTube).	319 (87.4%)	46 (12.6%)
Forget about one's own responsibility and Frequently checking the notification site and repeatedly staring at the mobile screen can be regarded as an addiction to smartphone.	343 (94.0%)	22 (6.0%)
Our children, teenagers, and young generation are spending much time on Facebook, selfie, smart phone, online game, imo, viber, twitter, blog, Instagram, WhatsApp, Google, You Tube resulting in lack of attention to their studies, becomes mentally unrest, sleep disturbance & suffering from the lake of self-confidence and self-esteem	338 (92.6%)	27 (7.4%)
Now a days Smartphone use can no longer be considered as an attraction to our children, teenagers & young generation but can be regarded as an addiction.	329 (90.1%)	36 (9.9%)
Spending much time in the online game by our children, teenagers & young generation cannot be counted as an intellectual performance rather than a mental disease.	301 (82.5%)	64 (17.5%)
Overuse of these Social networks (Facebook, selfie, smart phone, imo, viber, online game, twitter, blog, Instagram, WhatsApp) and websites, (Google, You Tube) for all ages is like a BLACK HOLE.	293 (80.3%)	72 (19.7%)
Every nook & corner, Anywhere and everywhere without considering the time & situation, frequent tendency to take selfie and becoming unrest for posting it in social network, can no longer be considered as a fun or hobby but an addiction.	332 (91.0%)	33 (9.0%)
Overuse of Smartphone, selfie, tab screen, online game, by our children, teenagers and young generation can be considered as ELECTRONIC COCAINE	253 (69.3%)	112 (30.7%)
Overuse of Smartphone, selfie, tab screen, online game, by our children, teenagers and young generation can be considered as DIGITAL HEROIN	268 (73.4%)	97 (26.6%)
Overuse of Smartphone, selfie, tab screen, online game, by our children, teenagers and young generation can be considered DIGITAL WINE	264 (72.3%)	101 (27.7%)

The social network & websites play a very dangerous role, especially for teenagers & young generation by exhibiting pornographic materials /adult site without any restriction.	356 (97.5%)	9 (2.5%)
Unrestricted use of this social network and website not only can destroy a person, but also can destroy a family, a society even a nation.	338 (92.6%)	27 (7.4%)
Do you agree, we have gained excess freedom by using this new technology at the cost of our consciousness?	314 (86.0%)	51 (14.0%)
We will use new technology (social media, website) according to our needs but we must not allow technology to use us.	361 (98.9%)	4 (1.1%)
Do you support, if Public opinion is in favor of completely banning the exhibition of adult site / pornographic materials in social network & websites (Google & YouTube).	339 (92.9%)	26 (7.1%)

Table 2 reveals respondents' opinion on different statements about the adverse effects of excessive smart phone use. It was seen that most of the respondents agreed with the statement. The proportion of consent ranged from 52% to almost 99%. In the cases of 12 statements, it was above 90%. In cases of 6 statements, it was from 80% to 89%. In cases of 3 statements, it was from 70% to 79%. Only one statement had a proportion of consent 69.3% and only one had 52.1%.

Fig 4: Distribution of the respondents by mentioning fluctuation of the mental state of the young about excessive smart phone use



* Multiple responses existed

Most [349 (95.6%)] of the respondents mentioned that one major mental fluctuation of the young due to excessive smart phone use was 'detachment from family and society'. Another important mental fluctuation was 'aggressive attitude' as mentioned by 251 (68.8%) of the respondents. Nearly half [172 (47.1%)] mention about 'depression'. Other mental fluctuations of the young due to excessive smart phone use were 'apathy', 'jealousy' and 'lack of love and respect to elders' as mentioned by 97 (26.6%), 70 (19.2%) and 19 (5.2%) of the respondents respectively (Fig. 4).

DISCUSSION

"Social media are computer-mediated technologies that facilitate the creation and sharing of information, ideas, career interests and other forms of expression via virtual communities and networks. The variety of stand-alone and built-in social media services currently available introduces challenges of definition"¹⁰. Now a day's people, especially the young generation, are using these media to a great extent and frequently it is called to be an addiction.

The current study was carried out to find the perception regarding social media and websites. A total of 365 respondents were included in the study of whom 52.9% were male. "In Bangladesh, the sex ratio is 0.97 male(s)/female"¹¹ i.e. proportion of males is 49.2%. The difference may be due to sampling as in this study purposive method was adopted. The majority (88.8%) were Muslims. "Muslims constitute 89.1% of the population in Bangladesh"¹² and the study finding is consistent with the national figure. The majority of the respondents were doctors and medical students i.e. coming from affluent societies.

The respondents were asked to comment on different adverse effects of excessive smart phone use. Important statements were 'Gradually and subconsciously we are inclining in excessive use of social media (Facebook, imo, viber, online game, twitter, blog, Instagram, WhatsApp) and websites (Google, You Tube)', 'Our children, teenagers and young generation are spending much time in Facebook, selfie, smart phone, online game, imo, viber, twitter, blog, Instagram, WhatsApp, google, You Tube resulting in lack of attention to their studies, becomes mentally unrest, sleep disturbance & suffering from lack of self-confidence and self-esteem', 'Nowadays Smartphone use can no longer be considered as an attraction to our children, teenagers & young generation but can be regarded as an addiction' and so on. There were altogether 23 statements and it was seen that most of the respondents agreed with the statement. The proportion of consent ranged from 52% to almost 99%. In the cases of 12 statements it was above 90%. In cases of 6 statements it was from 80% to 89%. In cases of 3 statements it was from 70% to 79%. Only one statement had a proportion of consent 69.3% and only one had 52.1%.

The study reveals that most of the respondents agreed that our young generation are much prone to use internet and different social media. Most (95.6%) of the respondents mentioned that one major mental fluctuation of the young due to excessive smart phone use was 'detachment from family and society. Another important mental fluctuation was 'aggressive attitude' as mentioned by 68.8% of the respondents. Nearly half (47.1%) mentioned about 'depression'. Other mental fluctuations of the young due to excessive smart phone use were 'apathy', 'jealousy', and 'lack of love and respect to elders' as mentioned by 26.6%, 19.2%, and 5.2% of the respondents respectively.

"Breaking the privacy of a person may be an important negative effect of using social media. Cyberbullying can be a problem as people take advantage of the fact that there is no one who can effectively stop bullying when it happens because everything is being performed behind a screen. Social networking can also ruin relationships as people get jealous if they find out their boyfriend or girlfriend is exchanging messages with other people. It can also be a waste of time as

people can visit a site to check one thing and end up spending the whole day 'behind the screen' and as a result not doing anything useful with their lives"¹³.

CONCLUSION

There is a positive and negative impacts on using the internet and different social media. Those open a realm of information in front of us and thereby enriching our knowledge. They help find old friends and acquaintances and create new relationships and bondage. They help law enforcement agencies to solve problems in many ways. But the problem starts when someone indiscriminately uses the internet or social media or when one uses those excessively. Aggressive attitude, detachment from family and society, apathy, depression, jealousy, lack of love and respect for elders may be due to excessive social media use. It is clear that in many areas, not enough is known yet to draw any strong conclusion. However, it is clear that social media affects people differently, depending on preexisting conditions and personality traits. As with food, gambling, and many other temptations of the modern age, excessive use for some individuals is inadvisable. But at the same time, it would be wrong to say social media is a universally bad thing because it brings myriad benefits to our lives.

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