

**R**ELATIONSHIP AMONG SOCIAL MEDIA USAGE, SOCIAL ENVIRONMENT AND SCHOOL ADJUSTMENT AMONG UNDERGRADUATE STUDENTS IN KWARA STATE, NIGERIA

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**ABSTRACT**

*This study examined the Relationship among Social Media Usage, Social Environment and School Adjustment among Undergraduate Students in Kwara State, Nigeria. The study was guided by four (4) objectives, four (4) research questions and four (4) null hypotheses. The descriptive statistics of percentage was used to present the demographic profiles, mean and standard deviation were used to answer the research questions; while inferential statistics of Pearson Product Moment Correlation ( $r$ ) and Regression Analysis were used to test the hypotheses at 0.05 level of significance. Demographic profiles of the 647 respondents in the study, 462 (71.4%) were*

**Introduction:**

School adjustment is a very important aspect of students' life. Schools are in better position to take the adjustment of every student in their domain more seriously because the primary purpose of education is to train individual to become well-adjusted person in his social, emotional and educational life. Human beings have the capacity to adapt to the demands of new situation. They do not only adapt to physical demands, but also to social pressures underneath

males; while 185 (28.6%) were females. Means and Standard Deviation Scores of Facebook Usage and Social Dimension of School Adjustment (SDSA) of Undergraduate Students the mean score of Facebook usage is 10.08 with standard deviation of 3.372; while the mean score of social dimension of school adjustment is 10.61 with standard deviation of 3.280. Another finding of this study also revealed that The hypotheses were tested using Pearson Product Moment Correlation ( $r$ ) statistic and Multiple Regression Analysis to determine the relationship between the independent variables and the dependent variable of the study Among Social Media Usage, Social Environment and School Adjustment among Undergraduate Students in Kwara State. The study concluded that there is positive relationship between facebook usage and social dimension of school adjustment among undergraduate students in Kwara State, Nigeria. The multiple regression analysis result revealed that there is statistically significant relationship among social media usage, social environment and school adjustment among undergraduate students in Kwara State, Nigeria. It was recommended among others that, University counsellors should help students to sustain the use of facebook positively, through guidance programmes of social media usage, in order to facilitate effective social and educational aspects of school adjustment among undergraduate students. Also positive use of Whatsapp, through enlighten programmes on social media usage, so as to facilitate continuous positive social and educational school adjustment and counsellors should equip students with effective social skills training in order to sustain positive interactions with their colleagues and lecturers; thereby, contributing positively effective social and educational school adjustment among undergraduate students.

**Keywords:** Relationship, Social Media Usage, Social Environment, School Adjustment and Undergraduate Students.

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**S**ocial structure of their society. Social pressure plays an important role in the choice that student makes which necessitates reason for adjustment in order to accommodate demands of each time. For

instance, a newly posted school head may demand that students must be in school on or before seven o'clock in the morning otherwise they will be punished. The students who had used to be coming late or beyond the tick of this clock must make adequate adjustment to the new demands by the school authority; otherwise he or she will bear the brunt. (Jamiu, 2021). Social environment involves coping with new standards and values. In technical application, adjustment or social environment means getting along with members of the society as best as one can. In this regard, social adjustment means reaction to the demand and pressure of the social environment. From the development view social environment must represent the whole gamut of change by which an entire social system turned to that diverse basic need and desires of individual and social groups within that system. Move away from a condition of life building perceived as unsatisfactory toward a situation Bonds, & Raacke, (2010). Internet technology has certainly revolutionized the world of communication. It has not just become a means of looking for information but of social relationships and communications with other people, whether for business or commercial purpose, for making new friends, or for reconnecting with old friends and long lost relatives. Evidence suggests that social networks have come to dominate the highest population of internet users (Sekar, & Lawrence, 2016). They further stated that among the Online Social Networks, such as Facebook, Whatsapp, Twitter, Skypad, Myspace, and 2go; the two forms of social media focuses by this study (that is; Facebook and Whatsapp) have become the most prominent online communication tools that have gained broad acceptance among students as a means of exchanging views and ideas. As of January 2020, Facebook monthly active users reached 1.55 billion which represents 22 percent of the entire world's population. Other services have 900 million users (Whatsapp), and 400 million Instagram users, globally. It can be estimated that every student has a Facebook, twitter, goggle+, LinkedIn, MySpace, Whatsapp or some social media account they access daily, if not weekly. Those with mobile phones or other devices access it more since it can be suitable on 2go (Asemah, Okpanchi, &Edegoh, 2013).

According to Choney, (2012), the word "Social Media" refers to the use of web-based and mobile technologies to turn communication into a communicating interchange. Social Media is a media that allow users to meet online via the internet, communicate in social forum like Facebook, Twitter, where users generally socialize by sharing news, photo, ideas and thoughts, or respond to issues and other contents with other people. Social media is infiltrating the educational arena. The online social networks are increasingly being used not only by universities students, but also by instructors for different reasons Mantzicopoulos, (2005).

Understanding the way individuals behave on such sites is a potentially valuable source of information for educators and researchers. The emergence of social media as a result of advancement in technology and expansion in internet software has raised eye brows among academics on its impacts on studies. Students at all levels of learning have now divided attention to studies, as a result of available opportunities to be harnessed from social media. Excessive use of the social media may affect the academic performance of students.

### **Statement of the Problem**

The system of education has changed from what it used to be, some three decades ago in Nigeria. The reading culture of the olden days has been eroded among students of university nowadays as a result of advent of modern information and communication technologies (ICT), which are widespread in the society. The university students of the present time spend too much of their scare time chatting with peers and friends on Facebook, Whatsapp and other social media sites on daily basis, instead of devoting their time for their studies, such as doing home-works and assignments given to them by their lecturers. Over the years, social networking sites have metamorphosed from few-user-based sites into a phenomenon that have become niches for billions of users. The growth and popularity of social networking sites have generated concerns among university authorities, communication experts and socio-psychological researchers about the benefit and potential risks facing undergraduates, as

they engage in online social networking to cater for their social and information needs rather than oral or face-to-face communication.

There is the need to establish a qualitative school adjustment criterion and motivating social environment core-values, where there will be collective responsibility and effective interpersonal relationship among the students and peers, the students and lecturers, students and the school management, and even students and their parents/guardians as well as other significant people that constitute the school environment. Warren, (2011). Therefore, this study is aimed at finding out the relationship among the variables such as; Social Media Usage, Social Environment and School Adjustment among undergraduate students in Kwara State, Nigeria.

### Objectives

The objectives of the study are as follows to determine:

1. To examine the relationship between facebook usage and social dimension of school adjustment among undergraduate students in Kwara State, Nigeria.
2. To examine the relationship between facebook usage and educational dimension of school adjustment among undergraduate students in Kwara State, Nigeria.
3. To examine the relationship between whatsapp usage and social dimension of school adjustment among undergraduate students in Kwara State, Nigeria.
4. To examine the relationship among social media usage, social environment and school adjustment among undergraduate students in Kwara State, Nigeria.

### Research Questions

The following Research Questions were raised in line with the objectives:

1. What is the relationship between facebook usage and social dimension of school adjustment among undergraduate students in Kwara State, Nigeria?
2. What is the relationship between facebook usage and Educational dimension of school adjustment among undergraduate students in Kwara State, Nigeria?

3. What is the relationship between whatsapp usage and social dimension of school adjustment among undergraduate students in Kwara State, Nigeria?
4. What are the relationships among social media usage, social environment and school adjustment of undergraduate students in Kwara State, Nigeria?

### Hypotheses

The following hypothetical statements are formulated for the purpose of the study:

1. There is no significant relationship between facebook usage and social dimension of school adjustment among undergraduate students in Kwara State, Nigeria.
2. There is no significant relationship between facebook usage and educational dimension of school adjustment among undergraduate students in Kwara State, Nigeria.
3. There is no significant relationship between whatsapp usage and social dimension of school adjustment among undergraduate students in Kwara State, Nigeria.
4. There are no significant relationships among social media usage, social environment and school adjustment of undergraduate students in Kwara State, Nigeria.

### Basic Assumptions

By the set objectives of this study, it is assumed that:

1. Relationship exists between facebook usage and social dimension of school adjustment among undergraduate students in Kwara State, Nigeria.
2. Relationship exists between facebook usage and social dimension of school adjustment among undergraduate students in Kwara State, Nigeria.
3. Relationship exists between whatsapp usage and social dimension of school adjustment among undergraduate students in Kwara State, Nigeria.
4. Relationships exist among social media usage, social environment and school adjustment of undergraduate students in Kwara State, Nigeria.

## Methodology

This research adopted correlational design to determine the relationship among social media usage, social environment and school adjustment among universities undergraduate's students in Kwara State, Nigeria. This design is appropriate for use when the researcher is dealing with systematic collection of data or information from a population through the use of opinion scale and questionnaire.

The sample of this study comprises 658 undergraduate students from the three selected Universities for the study that is; University of Ilorin, Ilorin, Kwara State University, Malete and Landmark University, Omu-Aran, all in Kwara State. These samples were drawn from the entire undergraduate students from 100 level to 600 level and sample size of 658 for the population. The researcher uses multi-stage sampling procedure which involves purposive, proportionate and simple random sampling technique to select this sample size of 658 from three (3) selected institutions, such as: University of Ilorin, Ilorin and Kwara State University, Malete and Landmark University, Omu-Aran.

## Results

Research Question 1 : What is the relationship between facebook usage and social dimension of school adjustment among undergraduate students in Kwara State, Nigeria?

**Table 1:** Means and Standard Deviation Scores of Facebook Usage and Social Dimension of School Adjustment(SDSA) of Undergraduate Students

Variable	N	Mean	SD
Facebook Usage	647	10.08	3.372
SDSA	647	10.61	3.280

Table 1. shows the mean score of Facebook usage is 10.08 with standard deviation of 3.372; while the mean score of social dimension of school adjustment is 10.61 with standard deviation of 3.280. Hence, there is slight difference between the mean scores of Facebook usage and social dimension of school adjustment.

Research Question 2: What is the relationship between facebook usage and educational dimension of school adjustment among undergraduate students in Kwara State, Nigeria?

**Table 2:** Means and Standard Deviation Scores of Facebook Usage and Educational Dimension of School Adjustment (EDSA) of Undergraduate Students

Variable	N	Mean	SD
Facebook Usage	647	10.08	3.372
EDSA	647	10.79	3.221

Table 2. shows the mean score of Facebook usage is 10.08 with standard deviation of 3.372; while the mean score of educational dimension of school adjustment is 10.79 with standard deviation of 3.221. Hence, there is slight difference between the mean scores of Facebook usage and educational dimension of school adjustment.

Research Question 3: What is the relationship between whatsapp usage and social dimension of school adjustment among undergraduate students in Kwara State, Nigeria?

**Table 3.** Means and Standard Deviation Scores of Whatsapp Usage and Social Dimension of School Adjustment (SDSA) of Undergraduate Students

Variable	N	Mean	SD
Whatsapp Usage	647	8.70	3.331
SDSA	647	10.61	3.280

Table3. shows the mean score of Whatsapp usage is 8.70 with standard deviation of 3.331; while the mean score of social dimension of school adjustment is 10.61 with standard deviation of 3.280. Hence, there is a significant difference between the mean scores of Whatsapp usage and social dimension of school adjustment.



Research Question 4: What is the relationship among social media usage, social environment and school adjustment of undergraduate students in Kwara State, Nigeria?

**Table4.** Means and Standard Deviation Scores of Social Media Usage (SMU), Social Environment (SE) and School Adjustment (SA) of Undergraduate Students

Variable	N	Mean	SD
SMU	647	21.40	5.549
SE	647	18.77	5.931
SA	647	26.04	6.203

Table4.shows that the mean score of social media usage is 21.40 with standard deviation of 5.549, that of social environment is 18.77 with standard deviation of 5.931; while the mean score of school adjustment is 26.04 with standard deviation of 6.203. Hence, there is a significant difference among the mean scores of social media usage, social environment and school adjustment of undergraduate students.

### Discussions

The main finding of this study is that there is positive relationship between facebook usage and social dimension of school adjustment among undergraduate students in Kwara State, Nigeria. This means that the higher the use of facebook, the more the students adjust social in the school environment. On the contrary, lesser involvement of students in facebook usage, constitutes low social adjustment to the school environment. The finding of this study is in contrast with the study of Wan, Ziti, Mohammed, & Nurul, (2017) whose finding revealed that negative relationship exists between facebook usage and students' social adjustment to the school system. The previous finding disagreed with this current study may be because of lesser number of university students that participated in the study compared to this current research that involved over five-hundred respondents in the study. Akanbi, & Theophilus, (2014) the study agreed with this current study where facebook usage was found positively related to social adjustment of University students. Perhaps, the large number of respondents within the similar age group in the study of Akanbi, et. al. is the same with the attributes of the respondents that participated in this study; thus, the agreement of this finding to the previous study. This

finding suggests that the students make positive use of facebook and this has contributed to effective social adjustment to the school system. Therefore, facebook usage plays an important role in the socialisation process of the current tertiary institution students; thus, must be channelled towards positive usage for effective adjustment to others in the school environment.

The analysis result revealed that there is statistically significant relationship among social media usage, social environment and school adjustment among undergraduate students in Kwara State, Nigeria. This means that social media usage and social environment could spontaneously lead to students' school adjustment. Positive social media usage with enabling social environment could translate to effective social adjustment and vice-versa. The finding of this study is in congruence with the study by Yang and Brown (2015); Sampasa-Kanyinga, Chaput and Hamilton (2019) which indicated that there is significant relationship among social media usage, social environment or competence and school adjustment. This finding and the previous studies are similar because they dealt with respondents in the higher education stage whose personal attributes are likely to be similar. This current finding suggests that using social media for the purpose of harnessing the benefits embedded in it, while given a social environment that is conducive and encouraging among others is more likely to enhance student's level of adjustment to the school environment. This is because individuals' exposure to positivity's in social media and competent in relating with people around them could have equipped them with appropriate skills they can adopt to make them fit and adjusted effectively to the university environment. Consequently, this may contribute to students' overall educational and career success.

### Conclusion

Based on the findings of this study, it was concluded that, Positive relationships exist among and between each of the components of social media usage, social environment and school adjustment among undergraduate students in Kwara State, Nigeria. In this regard, positive social media usage and pleasant social environment are important factors in facilitating effective school adjustment among undergraduate's students.

## Recommendations

In line with the above findings, it was recommended that:

1. University counsellors should help students to sustain the use facebook positively, through guidance programmes of social media usage, in order to facilitate effective social and educational aspects of school adjustment among undergraduate students.
2. University counsellors should help students to sustain positive use of Whatsapp, through enlightenment programmes on social media usage, so as to facilitate continuous positive social and educational school adjustment among undergraduate students.
3. University counsellors should equip students with effective social skills training in order to sustain positive interactions with their colleagues and lecturers; thereby, contributing positively effective social and educational school adjustment among undergraduate students.
4. The university administrator should made the ICT general course a channel through which students can be educated on various means by which they can explore the benefits embeded in the use of social media for improvement in their social environment and to facilitate effective adjustment to the school system.
5. University students should encourage one another on sustaining positive use of social media for exporing their social environment; thereby, making the school climate a fascinating conditions that foster overall educational success.

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