

Evaluation and Analysis of Psychological Ordeal by using Mobile Phones and Social Networks among the Family and Society in Saudi Arabia: A Research study about Jazan Region

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ABSTRACT - The use of mobile phones and social networks had important impacts on the family and society who use them in their daily life frequently. Due to the enormous increase of smart phone technology, every individual interacts more with social media apps such as WhatsApp, Facebook, Twitter and many more applications. Most of them use them frequently in their daily life. The development of mobile application and social media activity is more needed for Saudi society, but addiction towards this advanced technology creates Cognitive behavioral changes on individual persons and society. This research study aimed to identify the negative factors that can affect society's development and also identifies the problems and challenges using the mobile and social network among family and society. This study attempts to obtain the impact of social media usage among the family members' perceptions on how social networking sites impact their relationship, academic and individual performance. In this research, survey was conducted by the distribution 600 questionnaires to public sector, private sector, business people, students and housewives etc., The study confirmed that most of them are engaged in the use of Social networks mainly for socializing activities rather than for official, academic and spending time with family members. Also our findings revealed many aspects of social media users of Saudi society such as pedagogical problems, valuable use of social media and the value of family relationship etc., however, most of the young generation realized and believed that the Social media affects family relationship. These indications show that the young Saudi generation may limit their activity to form the new path to increase their activity in a better way for their future.

Keywords: Mobile Addiction, Stress, Psychological ordeal, Social media, WhatsApp, Facebook, Twitter, Jazan region, Saudi society.

1. INTRODUCTION

The enormous growth of internet technology has led to its use as the best medium for sharing information through social media network. Social networks are defined by the social links between individuals that specify one or more types of relationships [6]. Almost, two-third of the world's internet population access social media networking. Social media networking sites are online communities of web users, those who need to interact with other users about areas of mutual interest, whether from a personal, communication with family members and business or academic perspective [3]. The use of mobile phones and social networks had important impacts on the family and society who use them in their daily life frequently. Due to the enormous increase of smart phone technology, every individual interacts more with social media apps such as WhatsApp, Facebook, Twitter and many more applications. Most of them use them frequently in their daily life, this frequent utilization of mobile and social networks shows that people suffering from social anxiety and are vulnerable to some ordeal consequences and it affects family relationship.

Social media network environments providing many resources and facility for education, business and easy to communicate with their family members. Though, social networks show that students use social networking sites such as Facebook for fun, to kill time, to meet existing friends or to make new ones [1]. Although it has been put forward that students spend much time on participating in social networking activities, with many students blaming the various social networking sites for their steady decrease in grade point averages [2], it also

shows that only few students are aware of the academic and professional networking opportunities the sites offered.

The benefits of social media is not limited, it will lead to educational success and business success [7,10]. The conversational, collaborative and communal characteristics of social media services are thought to reflect a lot of what is proven to be useful of many application, so that they are shared and encourage active participatory role for social media users [9,10]. Therefore, it is significant that informatics approach to examine the interaction between technical features of Socialmedia network communities and how teenagers adopt Social media is needed [4, 5]. Research study initialize a structural equation modeling approach with mediation analysis mentioned in figure1 to allow us to separate the psychological aspects the families and the people in the society might experience due to mobile phone dependency from social and family activity.

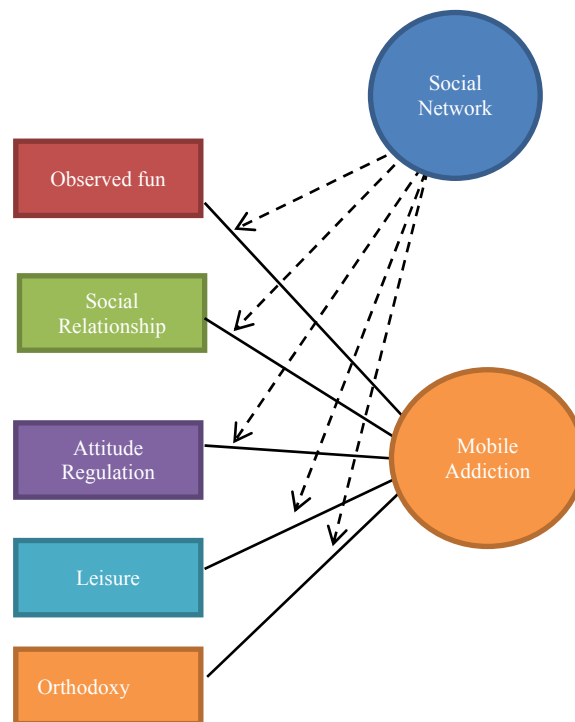


Figure 1. Hypothesis method

2. LITERATURE REVIEW

The following papers were surveyed for this research study. **Chongyang Chen et al (2017)** in their paper proposed the predicting effects of motives and highlight the interaction effects of gender from the functionalist and social orientation perspectives. Their empirical results confirm that if people use smartphones for the motives of enjoyment, mood regulation, pastime, and conformity, then they likely to develop smartphone addiction [1]. **Alpana Vaidya et al (2016)** in their research studied the pattern of mobile phone use among college going youth. The students are using mobile phones for playing games, sending messages, calling even when the class is in progress. The mobile phone use during driving is commonly observed which may increase the chances of involving in accidents [2]. **Prakash Kuppaswamy et al (2015)** in their work studies about the impact of Facebook and Twitter and other social media in changing entire nations can be seen in the uprisings of the Middle East countries. It is difficult to say how much social networking actually contributed to the organizing people, but one thing is for sure: WhatsApp, Twitter, Facebook and YouTube got global attention to the struggle of individuals in autocratic administrations [3]. **James A Roberts et al (2014)** in his paper he investigated which cell-phone activities are associated with cell-phone addiction. Author's concluded in his study by saying that certain activities performed on one's cell phone are more likely to lead to dependence than others and that these activities vary across gender [4]. **Kritika and Vasantha (2013)** in their research work studied about some problems and threats stemming from irresponsible use of mobile phones among teens. Their study identifies the characteristics of those teens and young adult at risk of developing an over involvement with their cell phones [5]. **Alavi et al., (2012)** in their research paper mentioned about how increase on the reliance of cell-phones among young adults and college students will change evolve from a habit to addiction. Traditionally addiction is defined as the repeated use of a substance despite the negative consequences suffered by the addicted individual [6]. **Junco et al., (2012)** in their research, "the development of online relationships differs


from offline relationships because of the features of the internet. Interpersonal interactions mold the construction and perceptions of one’s offline and online identity [11].

3. SIGNIFICANCE OF THE RESEARCH

This field of study is important because sociability of family relationship and psychological behavior of young Saudi society is an underlying theme in using forms of social media. Since this social media phenomenon is continuing to grow at a fast pace, it is important to understand the effects it has on personal communication. Our research study is the first to investigate the psychological ordeal of using mobile phone activities and social networks among the family and society in Saudi Arabia in particular Jazan region. The importance is given to this research area and it is very critical particularly because of the pervasive use of mobile phones and social networks by young adults, families especially children and college students. The conflict caused by excessive mobile phone and social network usage impacts relationships among the families and society. We recognized and analyzed the effects of using mobile phones and social networks media to the Saudi society, particularly with their families with consideration of their customs and tradition. Moreover, this study identifies the negative factors that can affect society’s development and also identifies the problems and challenges using the mobile and social network among family and society.

4. METHODS AND MATERIALS

This is a community based descriptive cross-sectional study conducted in Jazan region during the year 2018-19. The Jazan province located in the southern corner of the Kingdom (Google search Reference) and it consists about 16 million population. The study area of this research is composed of seven cities namely; Jazan, Abu Arish, Fayfa, Al-Ardah, AlDarb, Samta and Farasan. The study population measured sample from student’s community, house hold community members (parents) and office people as being the responsible affiliates of availing Saudi society. Secondary data will be collected from the expatriates to assess the prevalence of Psychological Ordeal of the local society.



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Evaluation and Analysis of Psychological Ordeal by using Mobile Phones and Social Networks among the Family and Society in Saudi Arabia: A Research study about Jazan Region (Survey Form)

Genre: Male/Female

Age: 15-20 21-30 31-40 41 & above

Category: Student Working Business Housewives

Are you a member of multiple social networks?
 Yes No

Which social media technologies do you use mostly?
 WhatsApp Facebook Twitter IMO/Tango
 LinkedIn YouTube Others

How many hours do you spend online in Social Networks? (in 24 Hours)
 1-3 Hrs 4-6 Hrs
 6-8 Hrs More than 8 Hours

How many hours do you spend time for academic/office/business purpose?
 None 1-2 Hrs
 3-5 Hrs More than 5 Hours

Do you use social media in college or office or working place
 Yes No

Do you get up early morning or late night to spend the time for social network?
 Yes No

Why do you use an online social network? Select all answers that apply.
 Talking with family Talking with friends
 To share photos, videos and messaging Academic/business/office purpose
 Time passing

Do you think social network affects your relationship with your society (son, daughter, brother, sister and relatives)
 Yes No Sometimes

Do you feel Social Networks affect your performance on studies/business/working performance?
 Yes No Sometimes

Figure 2. Questionnaire

4.1 Data Collection Methods

A pre-coded questionnaire mentioned in the **figure 2** has designed and pretested for gathering the community based data from the parents/students/private and public sector workers and expatriates. In this research 700 set of questionnaires prepared and 600 questionnaires was randomly distributed to students, public, private company employees, public sector employees and known families in Jizan Region. Professionally, we analyzed the collected data with SPSS tools with various segment. The tools used for this study was designed based on the users perception of the study. This is acceptable and the analysis tool has met the reliability requirement for the study. The questions made in the questionnaires which are easy to understand and the answers were divided into different opinion to make it easy to understandable by the all age group wise and gender wise people.

The questionnaire was fine-tuned with reference to a pilot study carried out with students, and tested beforehand, examines the students’ opinions about the use of social media through collaborative learning and students’ satisfaction of using this technology. A questionnaire consisting of 10 key questions and 36 entities designed, and an experimental test was conducted with 20 students in college of computer science and information system in Jizan University and then a final survey was later conducted in different cities in Jizan Region. The survey was taken in between December 2018 to March 2019.

4.2 Data Analysis

The study data will be processed and analyzed with the use of Statistical Package for Social Study (SPSS) version 20 with the help of software vendor. All variables will first be explored and summarized using descriptive statistics such as counts and proportions, means and standard deviations, medians and ranges, as appropriate.

Table 2. Participants segment

	Male	Female
Age 15-20	122	24
Age 21-30	196	72
Age 31-40	78	54
Age 40+	42	12
Total	438	162
Students	318	96
Working people	112	22
Housewives	-	44
Business	8	-

In this research, we have collected data from male participants 438 and female participants 162 which is mentioned in the table 2. Data collected from different age group and also different segment such as students, working people, housewives and business people. The survey data collected and it has been segregated by age wise classification mentioned in the figure 3. There were 45% of participants from the age group 21-30 and least participants 9% from the age group 40 and above. In figure 3 mentioned that number of male participants, in that 45% of participants from the age group 21-30, second higher number of participants 28% from the age group 15-20, third position participants 18% from the age group 31-40 and the least participants 9% from the age group 40 and above.

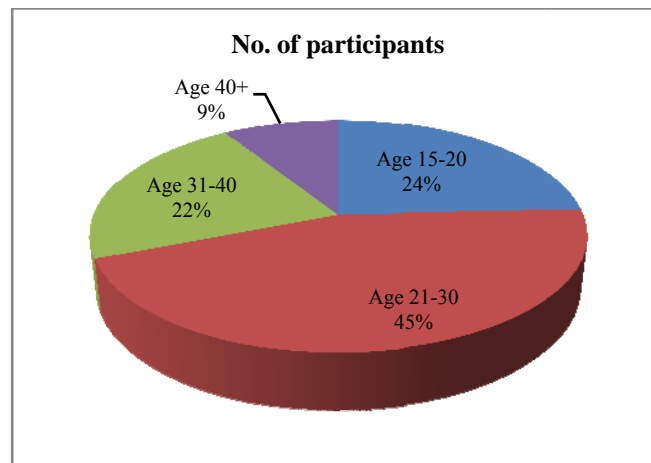


Figure 3. Total No. of participants

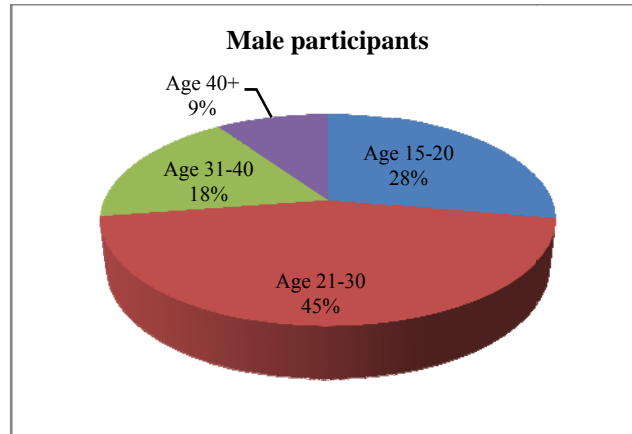


Figure 4. Total No. of male participants

In figure 4 mentioned that number of female participants, in that 45% of participants from the age group 21-30, second higher number of participants 33% from the age group 31-40, third position participants 15% from the age group 15-20 and the least participants 7% from the age group 40 and above.

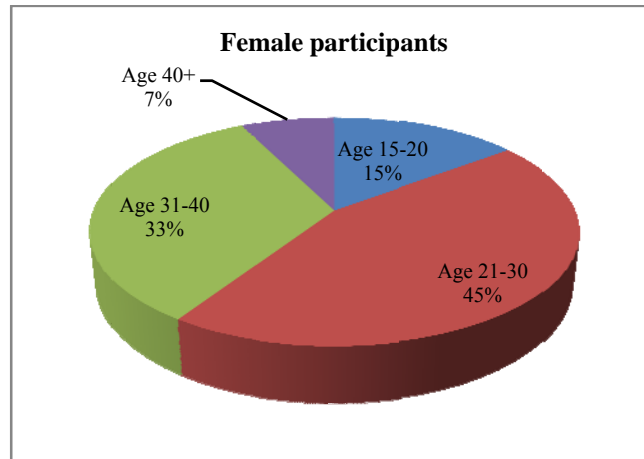


Figure 5. Total No. of female participants

5. RESULTS AND DISCUSSION

The findings of the research reveals the pervasive use of mobile phones and social networks by young adults, families especially children and college students. The conflict caused by excessive mobile phone and social network usage impacts relationships among the families and society. The study will evaluate and analyze the effects of using mobile phones and social networks media to the Saudi society, particularly with their families with consideration of their customs and tradition. This study will identify the psychological ordeal caused by mobile phones and social media which is affecting the family and society and it is dominantly increasing nowadays. This study will further clarify and identify the negative factors that can affect society’s development and also identifies the problems and challenges using the mobile and social network among family and society psychological support to improve the quality of life, which will also inform us in detail about this important condition, with great relevance to the studies and knowledge. In table 3 shows that data collection classified according to the age group, and it has been categorized and calculated based on the stakeholders reply.

Table 3. Social media data abstract

Age Group /Mean	Age 15-20	Age 21-30	Age 31-40	Above 40
No. of SM	3	2.8	3.4	2
No. of Hrs	5.10 Hrs	5.30 Hrs	4.30 Hrs	3.00 Hrs
Aca/off/Business	45 mts	80 mts	90mts	50 mts
Using in office	80%	65%	45%	15%
Late night use	60%	60.5%	40%	25%
Using for family	50%	64%	70%	80%
Is SM affects family relationship?	25%	44%	40%	90%
Is SM affects daily activity?	60%	60%	45%	80%

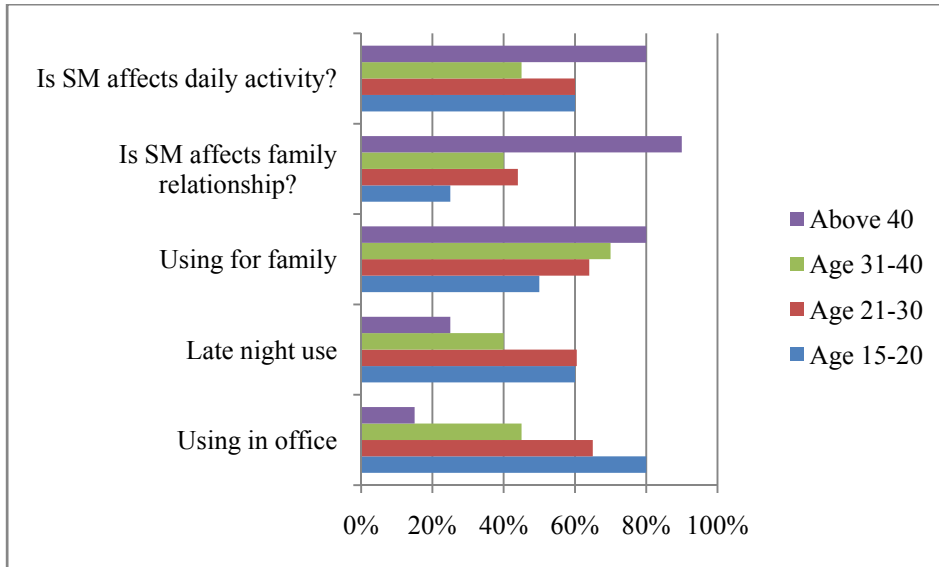


Figure 6. Age wise classification of Social media usage

Figure 6 shows the graphical picture represents of core survey questions and reply of public opinion calculated. The younger generation and elder generation age group accepted and realized the usage of social media affects their daily activity and relationship with their family members.

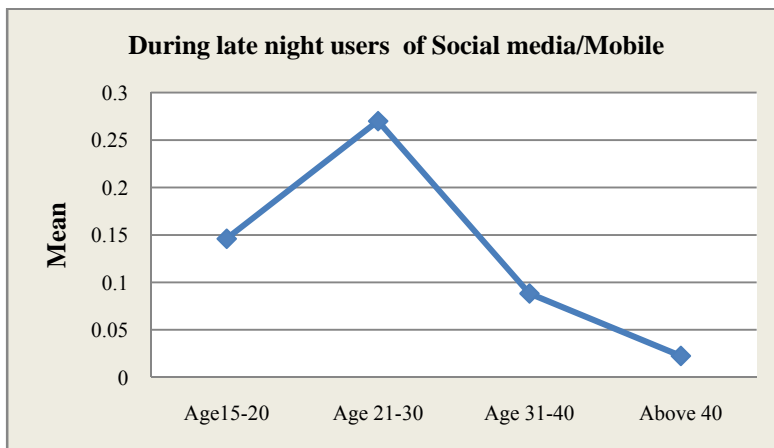


Figure 7. Social media night users

In figure 7 shows the mean of late night users of Social networks and mobile users in that age group 21-30 more number of users and age group 40 shows that least number of users habited in late night usage of mobile networks. In figure 8 shows the data of social network media used for the purpose of family and friends.

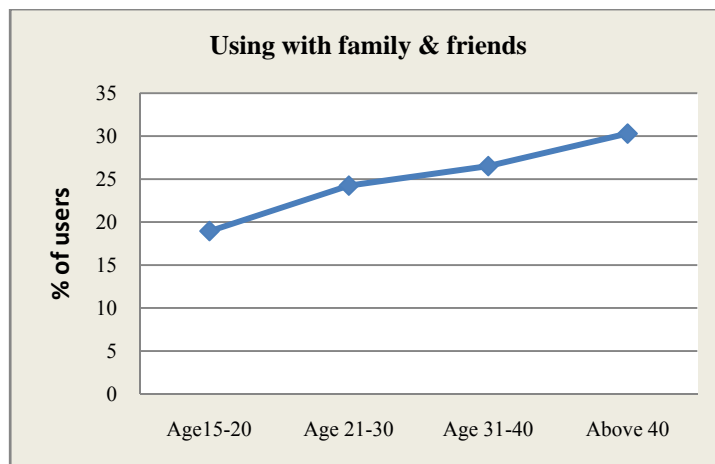


Figure 8. Average users with family and friends

The key question of the research study reflects in the figure 9, the age group 21-30 and above 40 are accepted the negative impact of social media and mobile usage. These indication shows that younger people realized their accountability towards the social media and mobile usage. In figure 10 also given the same indication of the result for the questions of social media networks and mobile affects their daily life and activity.

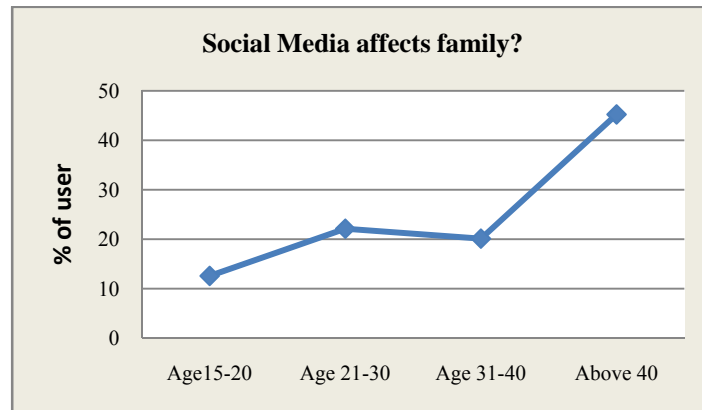


Figure 9. Social media affecting ratio

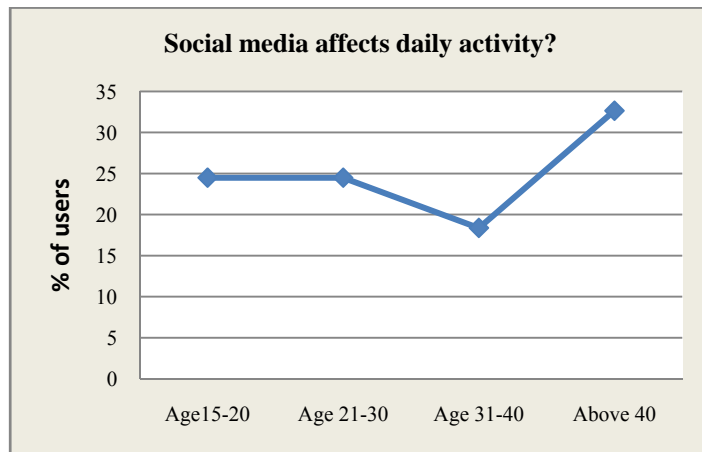


Figure 10. Average opinion of Social media distresses

6. RECOMMENDATIONS

Based on research study and personal discussion with many distinct personalities and observed individual replies from the questionnaire, our study recommending few points to use of social media towards fine tuning and valuable use towards the young and future generation. There is need for policy makers to evolve strategies to guide and ensure that social networking sites are adopted mostly for academic, official and build towards the growth of their own society. There are many controversial and negative impacts raised through social media websites such a latest incidents happened in New Zealand tragedy is the best example. Therefore, it is significant to reshape the social media usage at present digital era. Our study recommending following key points to eliminate the negative usage and impact of social media.

- ❖ Minimize your friends and relatives to upload less communication
- ❖ Measure and remove negative and unwanted notifications
- ❖ Restrict yourself use of news feeds and profile browsing (unknown Facebook users)
- ❖ Spend social media networks to your family and friends.
- ❖ Always work with groups and intellectual friends.
- ❖ Try to keep your leaning strategy to avoid more surf in social media.
- ❖ Always avoid gossip group or assumption.
- ❖ Think of reality with your family.

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