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Topic of Research : **A Study of Use of Social Networking and Perceived
Influence on Social Skills and Health Status of Students**

Finding

Keywords: social networks, social skills, physical health, mental health, students

Usability of internet in every sphere of life is not hidden. Social networking website creates a virtual world where people create a huge network of friends and stay connected with them but the way of interaction on social networks is totally different from face-to-face interaction. This study attempted to answers questions such as- what is the pattern of Social Networking usage among students? And how much time students spend on social networks? This research also tried to answer how the use of social networks is influencing student's physical and mental health and social skills. Two separate questionnaires were developed to collect relevant data from senior secondary students and their parents. For data collection, multistage sampling method was used. The obtained data was analyzed qualitatively and quantitatively, ANOVA was used to compare three groups score. Result of the study showed use of SNS is affecting students physical and mental health negatively but social skills are unaffected by the use of SNS. Students must be aware about the productive and purposeful use on SNSs.