



ISSN: 2230-9926

Available online at <http://www.journalijdr.com>

IJDR

International Journal of Development Research

Vol. 16 Issue, 03, pp. 70059-70061, March, 2026

<https://doi.org/10.37118/ijdr.30616.03.2026>



RESEARCH ARTICLE

OPEN ACCESS

A STUDY TO DETERMINE THE INFLUENCE OF SOCIAL NETWORKING SITES ON MENTAL HEALTH OF NURSING STUDENTS AT ERA COLLEGE OF NURSING

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ARTICLE INFO

Article History:

Received 27th December, 2025

Received in revised form

02nd January, 2026

Accepted 17th February, 2026

Published online 30th March, 2026

Key Words:

Including demographic variables,
Mental health,
Stronger associations.

ABSTRACT

The study was conducted to determine the impacts of social networking sites on the mental health of nursing students at Era College of Nursing (Lucknow, Uttar Pradesh). We took 100 students from bsc nursing 2nd and 3rd semester students most of the students were from the age group between 20-22 years. The objectives of the study was to assess the use of social networking sites among nursing students and correlation between impact of social networking sites and mental illness. **Methodology of the Study:** This study uses a descriptive research design; we used non-probability convenient sample technique We took 10 samples for the pilot study and 100 samples for the main study from Era Nursing College. For data collection, we used the Likert scale methodology, including demographic variables. Our tool was statistically applied to check mental health. **Result and Conclusion:** Among 100 nursing students, most were aged 20–22 years, with a balanced mix of home and hostel residents. The majority had family incomes between ₹21,000–30,000 and regular internet access, mainly via mobile data. Over half used two or three social networking sites, primarily for academic purposes, with 3–4 hours of daily usage being most common. Mental health scores were mostly average (75%), with 10% good and 14% poor. Chi-square analysis showed stronger associations with the number of sites used, family income, and purpose of use, while age and residence showed weaker links. Majority of the student (scored average (75%) that means there is a moderate effect of social networking sites on mental health of Nursing students. There is mild anxiety and depression present among nursing students. However excessive use of internet (5-6 hrs daily) in rest of the 15 % student there is increased chance of indicating negative influence on mental health such as reduced focus, mental fatigue etc. The result conclude that balanced social networking sites usage support academic performance and helps to connect with people socially without severely harming the mental health of Nursing students. However the excessive use of internet may contribute to mental illness..

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Citation: Libin Babu, Shivam Shukla, Yasasvi Tiwari, Iram Parveen and Syeda Mariyam. 2026. "A study to determine the influence of social networking sites on Mental Health of Nursing Students at Era College of Nursing". *International Journal of Development Research*, 16, (03), 70059-70061.

INTRODUCTION

Through social media, people can find people who share their interests and express themselves. Social media are online groups where users can connect with others and exchange interests and ideas. It is a tool for showcasing individual creativity or for exchanging ideas, expertise, and business interests among various groups via various communication channels (Lambert 2021). "A collection of web-based tools that facilitate the production and sharing of user-generated content is known as social media" (Swat & Hameed 2017, *Frontiers in Psychology*). "Social media refers to websites and online tools that allow users to interact with one another by sharing information, thoughts, and interests. Due to its popularity over the past ten years, social networking sites have seen a spike in use that has spread throughout the world, particularly among adults and adolescents who use them the most frequently.

A list of internet pals and private data like phone numbers, addresses, and daily routines might also be included. Nowadays, almost all students use social media networking sites. They use social networking sites with the greatest zeal. Students may now create and manage virtual communities online thanks to social networking services. Their culture, education, and, more generally, their lives now revolve around digital technology. The use of SNS is also common in medical college, i.e., among medical students and resident doctors, nursing staff, etc. The SNS such as Instagram, Facebook is used predominantly for personal use rather than social interaction than professional or educational purposes are rising. Use of social media as tools augment student learning opportunities. Nursing students who are frequent users of these platforms. These sites offer a variety of benefits including academic collaboration, communication, and access to health-related information. However, excessive use of social media can also lead to negative outcomes such as reduced academic performance, sleep disturbances, and social media addiction. As aspiring medical professionals, social networking sites

have become an indispensable aspect of contemporary life, especially for nursing students and young adults. Nursing students frequently utilize social networking sites like Instagram, Facebook, tiktok, and chat applications for academic, recreational, and communication reasons.

Objectives of Study:

1. To assess the use of social networking sites among nursing students.
2. To determine the impact of the mental health status of nursing students using social networking sites.
3. To correlate between the impact of social networking sites and mental illness.

RESEARCH METHODOLOGY

Research Approach: Quantitative research approach.

Research Design: Descriptive correlation design.

Sampling Technique: Non probability convenient sampling technique.

Sample Size: 100 students of bsc nursing.

Variables under Study

Research Variables

- Use of social networking sites
- Mental health status

Socio-demographic Variables

- Age
- Gender
- Educational status
- Year of study
- Hours spent on social media

Description of Research Tools: The following tools were used to generate the necessary data.

- Part A—Demographic variables.
- Part B—Structured questionnaire on social networking site usage
- Part C—Structured questionnaire on the influence of social networking sites on mental health through (LIKERT SCALE) which consist of 25 questions.

Pilot Study: Pilot study was conducted at Suruchi Institute Of Nursing. A written permission was obtained from the Dean/Principal of Suruchi Institute of Nursing. A brief introduction about the self and the study was explained 10th percentile of samples were selected as sample from bsc nursing students. Written consent was obtained and the confidentiality of the response was assured. The pilot study was conducted after getting formal permission and ethical clearance. It was conducted in a selected college (Suruchi Institute of Nursing) on (June 24, 2025).

- Pilot study was conducted to:
- Determine whether the proposed study is feasible.
- Refine data collection technique.
- Refine data collection and analysis plan.
- Identify problem with research design.
- Give the researcher experience with the subject, setting, methodology and the methods of measurements.

The main objective of the pilot study was to look for practicability, feasibility and reliability of the study. Formal administrative approval was obtained to conduct the pilot study in the month of June 2025 at Suruchi Institute of Nursing Lucknow. The pilot study was aimed to assess the influence of social networking sites on mental health of the nursing students. The analysis of the pilot study was done in accordance with the objectives of the study. It was feasible to conduct the final study.

Reliability: The data was collected through interview schedule .The subjects were asked to answer the questions which provided in questionnaire, and it took 20 minutes for each individual to fill the tool. The pilot study findings found thereliability statistics.

Cronbach's Alpha	No. Of items
0.748	25

The scale shows acceptable reliability ($\alpha = 0.748$) for the study.

Which denotes the tool is reliable, applicable, feasibility and practicability in all aspects to conduct the main study.

Procedure of data Collection: Formal written permission was obtained, from Dean/Principal of Suruchi Institute of Nursing. The study was conducted at Suruchi Institute of Nursing. Formal consent was obtained from students who has assess to social networking sites. A brief introduction about self and the study was explained. Each individual took 20 minutes to answer the self-structured questionnaire.

Data Analysis

1. Age and Level of Score

Majority of 20–22-year-olds scored average (56%).

Very few 23–25-year-olds scored good or poor.

Chi-square value: 2.491 → Indicates no strong association between age and level of score.

2. Place of Residence

Students living at home scored more in the average range (41%).

Hostel residents had a slightly better share of good scores (7%).

Chi-square value: 3.884 → Indicates weak or no significant association.

3. Family Income

Students from ₹21,000–30,000 income group had the highest average scores (29%).

Low-income groups (less than ₹10,000) showed lower performance overall.

Chi-square value: 9.441 → Suggests a possible association.

4. Use of Digital Gadgets (other than mobile)

Those with other digital gadgets had more good scores (8%) and higher average scores (45%).

Chi-square value: 3.353 → Suggests a mild relationship.

5. Source of Internet Connectivity

Mobile data users dominate all categories but especially average scorers (58%).

Chi-square value: 7.183 → Shows a moderate association.

6. Regular Access to Internet

Regular users showed higher good (8%) and average scores (61%).

Chi-square value: 3.807 → Slight indication of association.

7. Number of Social Networking Sites Used

Using two or three sites is linked to more average (36%) and good (6%) scores.

Using more than three shows less good performance.

Chi-square value: 15.499 → Indicates a strong association.

8. Purpose for Using Social Networking Sites

Those using them for academics had more average scores (32%) and good scores (4%).

Chi-square value: 5.03 → Suggests a possible association.

9. Time Spent on Social Networking Sites

Spending 3–4 hours daily shows the highest average scores (35%).

Spending more than 6 hours did not result in good scores.

Chi-square value: 7.46 → Suggests a moderate association.

10. Introduction to Social Networking Sites

Those introduced by friends or peers had the highest average scores (36%).

Chi-square value: 7.645 → Indicates a moderate association.

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