

# A Mixed Method Study To Assess The Effectiveness Of (Iec) Package Regarding Impact Of Social Network On Knowledge And Life Style Changes Among College Students Studying In Selected College, Salem

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## Abstract

A study of a mixed strategy to examine the viability of the IEC in relation to the impact of informal organization of information and resources on life change in sub-studies concentrated at a selected school in Salem. The aim of this study is to examine the adequacy of the (IEC) package to improve information on the impact of the informal community and to transform an unhappy lifestyle into a good lifestyle. Suppression of the exam taken for this study was included in a plan subject to a concurrent plan. The review was focused on Maharishi Expressions and Science College based in Salem and the duration of the review was specifically one month. An effective qualitative review test method is accepted. In a quantitative review of a simple random testing procedure using a lottery strategy, topics are selected that meet the examples of determination models. 80 students aged 18-25 were enrolled in the Qualitative Strategy and were satisfied with the comprehensive measures. In Quantitative Technology, 50 students were selected who met the complex measures. The selected intervention package (IEC) was modified after a pre-test evaluation of the sub-studies. The length of the meeting is 30 - 45 minutes. The current experiment is focused on the evaluation of the IEC volume. Subjective information was obtained through four groups of research strategies on the impact on interpersonal organizations. The quantitative information strategy meeting was obtained in relation to the influence of the interpersonal organization on knowledge and lifestyle changes through an organized information survey and a scale of lifestyle changes. the mean mean was 12.08 with a S.D of 9.5. The determined value of the pair "t"  $t = 20$  100 was considered to be really large at the level of  $p < 0.001$ . and the post-test mean value of lifestyle changes was 32.06 with an SD of 6.90. The determined value "t" of the combined observation at  $t = 12.72$  was considered very high at  $p < 0.001$ . When examining the posttest information, the mean value was 12.08 with S, D 9.5, and posttest means that the level of lifestyle changes in perception to 32.06 with SD 6.90. The correlation value determined by Karl Pearson  $r = 0.775$  indicates a positive correlation, which is considered to be truly critical at  $p < 0.001$ , indicating that there is a difference in the level of post-test information and lifestyle. the organization can update information and further develop a better lifestyle. The findings of the review state that, in fact, there is a big difference in the level of information and the way in which life-changing packages (IECs) are used.

## INTRODUCTION

An informal community is a site that unites individuals to talk, share thoughts and interests, or make new companions. Informal communication has significantly affected society, particularly when it boils down to normal destinations, for example, face book, my space, or even twitter. Informal communication emphatically affect society, it for the most part adversely affects society.

Maltreatment of informal community can have different adverse results for the web fiend, for example, inability to satisfy job commitments at school and at home, impedance of social connections, disregarding schools rules or regulations on account of informal organization world wellbeing insights report (2016 ) express that , The quantity of interpersonal organization client overall it assessed that there will be around 2.55 billion informal community client .the most famous organization is face book is the main social network.1.59 billion of month to month face book client, 700 million what sap client ,305 million twitter client , photograph sharing application instagram had north of 400 million client, publishing content to a blog administration tumbl had more 555 million blog client, roughly 2 billion web client are utilizing informal community . 1.2 billion Face book clients and in that 450 million individuals experiencing mental issues. MATERIAL AND METHOD

The research method used in this research is a mixed research technology method. The research configuration adopted for this study was an implanted plan.

The autonomous variable for the evaluation was selected as the intervention intervention

package (IEC). Information and lifestyle changes were lower factors for the review. Redundant factors were Age, Father's educational status, Monthly salary Place of home, Type of family, Residence, Time of investing in interpersonal organizational energy, way of using innovations, User premium in informal community, Type of informal organizational use, reason for using interpersonal organization. The review focuses

on expressions from the Maharishi and Science College of Salem. Maharishi expressions and science schools instead of girls' school. With various divisions .The absolute number of energy schools is 875 students. School 6 celebrates a building with 25 home rooms on each floor and a boardroom on 4 floors.

The assessment test consisted of undergraduate studies between the ages of 18 and 25, which met with examples of selective study measures. The test size was 80 subjects for the subjective method and 50 subjects for the quantitative method. An intentional test procedure was adopted in the qualitative evaluation. The sample consisted of 80 topics used by the informal community. In the quantitative survey, a simple random evaluation method was used using a lottery strategy to select topics that met the criteria for determining the sample. The example contains 50 topics. A basic random control strategy was used to select the members of the review.

## RESULTS:

**Assessment of impact of social network among college students. Qualitative data was collected by focused group interview method N=50**

S.NO	QUALITATIVE THEME	PERCENTAGE	QUALITATIVE THEMATIC ANALYSIS
	What are all the impact of social network?	13.7 %	Participants in 11 stated that using a social network emptied their minds
		23.7%	19 participants said that using of social network it wills distraction from everyday life activities

		27.5 %	22 students reported that using of social network it cause the student academic was suffered and concentration on to study well
		22.5 %	18 respondents stated that they would spend more time on this social network and less time on personal interactions using the social network.
	Describe it present impact in your day to day life activities	30%	That is 24 participants "I neglect exercise because I'm online for a while" and "I stay seated and spend more than two hours when I'm online.
		23.7%	19 Participants reported that "I spend time online such that I ignore regular meals and eat whatever is available" and "While using the Internet I forget to drink water for a long time."
		26.2%	21 participants reported that "I have reversed sleep patterns because of the Internet" and "I would rather spend time online than go to bed at night."
		12.5%	10 participants said that members of my family complained that you were constantly on the phone. Sometimes we argued about it.
			Many students are responded that the usage of social network it will creating the student in unwanted messages, unwanted friend request.
	How is the use of social network shape your communication skill?	6.25%	5 samples stated that Social network help the people for developing interpersonal relationship among their peer group
		5%	4 Participants said that when I frequent exposure to social network I am seeing a lots of informal post , word s and communication on social network so I gain my communication skills
		5%	4 participants reported that because of social network we can able to participate in debate and discussion of various subject in the classroom and seminars it help to enhance their communication

	Do you think technology has helped (or) damaged your ability to connect with the most important people in your life? Describe it?		5 participants are reported that My friends have not seen since school mates when I using social network I can able to keep in touch.
			3 respondents reported that my family living abroad while I am entering in social networking i can keep touch and I am knowing what going on their life movements every movements are we are sharing using of social network
			1 participant shared her personal experience in her statement I became a victim of harassment when I got involved with a man online. Being cheated on by a class girl. I was overwhelmed with emotion. My accounts have been hacked and all my personal information has been presented in a negative light and highlighted by all my friends.
	<b>Are we becoming dependent on social network? if so , what are the implication</b>	10%	8 participants said that I was confused that I did not know what was happening not only in the outside world, but in my world, my friends, my family, my life.
		15%	12 participants reported that while I am not interacting in social network I have the some conflict in my family member I have irritating mood I feel something I missing.
		13.7%	11 participants reported that I am always keep in phone in my hands even though SMS is not come also I frequently check my phone and while eating lunch with friends I frequently checking my phone
		1%	1 participant shared her personal experience in her statement
	<b>What is social network and describe the benefits of social network?</b>	18.75%	I became a victim of harassment when I got involved with a man online. Being cheated on by a class girl. I was overwhelmed with emotion. My accounts have been hacked and all my personal information has been presented in a negative light and highlighted by all my friends.
		8.75%	7 students who believe that a social network can help them stay in touch with others.
		10%	8 students said that the social network not only communicates with friends within the circle, but we also make friends all over the world.
		8 %	7 students reported that social network is improve student performance in the course

			because “students are more likely to check assignments/class page when on a social network site due to the fact that they check their accounts multiple times a day”
		6.25%	5 Students reported that using of social network it help to alleviating feeling of routine and boredom
	How do digital technology and social network affect our social and interpersonal skills? is social network actually making us less social ?	12.5%	10 participants reported that social network is affecting the family interaction because of we spend a lot of time in Whatsapp so we does not have the time to spend with my family members
		6.25%	5 participants responded that they have less face to face communication skill we are in most of time Whatsapp so we have less face to face to communication
		10%	8 Participants said that they Spending a lot of time online it can be socially isolated in the offline world.
		32.5%	26 participants reported that their statements was social network such as face book and Whatsapp, twitter , have made us less social most of time they spend time in chatting and enjoying with their friends

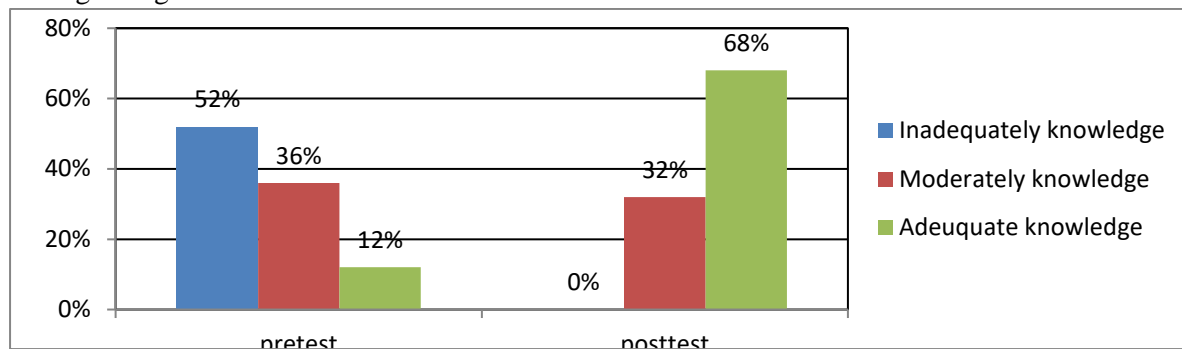
Excerpts and frequencies corresponding to thematic analysis

#### SCORING INTERPRETATION:

S.NO	Negative impact of social network
1	30% participants suffered physical health
2	26.2% participants have disturbed sleep pattern
3	23.7% participants they neglected diet pattern
4	13.7% participants reported that using of social network make mentally them dull
5	32.5% participants have less social interaction
6	27.5 participants suffered academic performance

1	Positive impact of social network
2	6.25% participants social network alleviating the feeling
3	28 % participants reported that social network increasing the social circle
4	10 % participants reported that social network to make the friends worldwide easily
5	8 % participants reported that social network is improve student academic performance
6	25 % participants reported that social network improve the communication skill
7	31 % participants reported that social network to gain knowledge

Assessment of pre and post test level of knowledge regarding impact of social network among college students.



### Percentage distribution of the level of knowledge before and after the test on the influence of social networks on university students

Pre-test level analysis of the pre-test group, which showed that most of 26 (52%) did not have sufficient knowledge, 18 (36%) had intermediate knowledge and the remaining 6 (12%) had insufficient knowledge.

Analysis of the post-test level of knowledge in the post-test group revealed that 34 (68%) had adequate knowledge and the remaining 16 (32%) had average knowledge.

**Pre-test and post-test assessment** The level of knowledge takes into account the impact of social networks on university students.

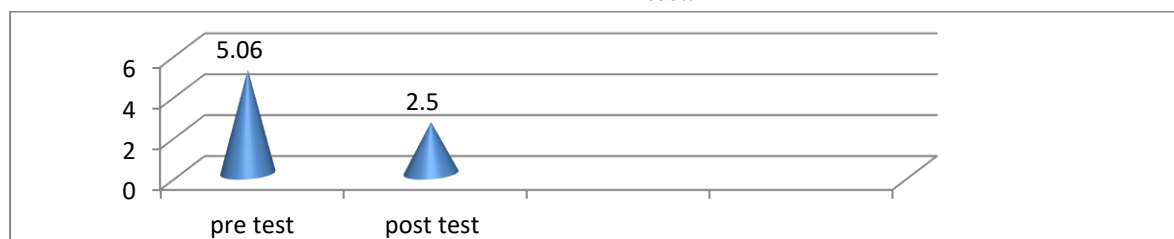
N = 50

S.NO	Assessment	Mean	S.D
1	Pre test	5.06	2.79
2	Post test	12.08	9.50

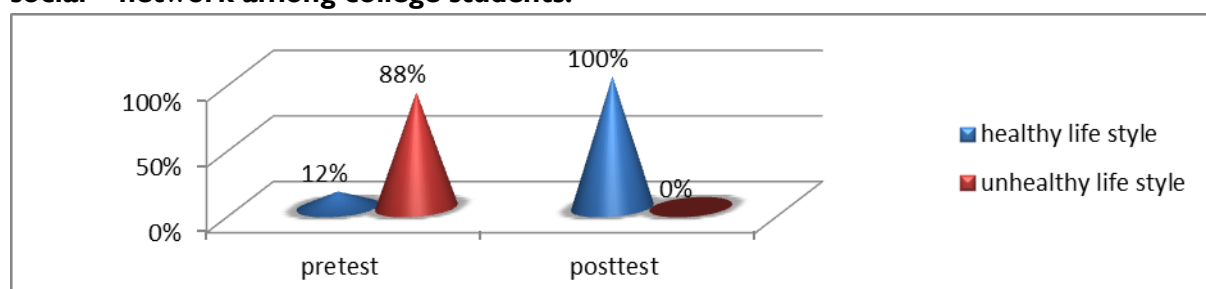
\*\*\*P <0.001, S- Significant

The mean value before the test was 5.06 with an SD of 2.79 and the mean value after the test was 12.08 with an SD of 9.5.

The calculated value of the pair "t" at t = 20,100 was found to be statistically significant at p <0.001. It has clearly been shown that the implementation of the selected intervention package on the impact of social networks on the knowledge of university students with knowledge has been strengthened in their post-test.



### Assessment of pre and post test level of life style changes regarding impact of social network among college students.



### Percentage distribution of pre and post test level of lifestyle changes among college students

Analysis of lifestyle changes before the test showed that 44 (88%) had a bad lifestyle and 6 (12%) had a healthy lifestyle.

Analysis after the test level of lifestyle changes showed that 50 (100%) bad lifestyle changes were changed and they had a healthy lifestyle.

### Pre-test and post-test assessment The level of lifestyle changes with regard to the impact of social networks on university students

N=50

S.N O	Assessment	Mean	S.D	Paired "t" value
1	Pre test	67.7	13.9	t=12.72** * P=0.001,S
2	Post test	32.06	6.90	

### \*\*\*P<0.001, S- Significant

In the pretest group, the pre-test average value of lifestyle changes was 67.7 with SD 13.9 and the post-test average value of lifestyle changes was 32.06 with SD 6.90. level p <0.001.

It is clear from this that the implementation of the selected intervention package at the level of lifestyle change for students with a healthy UN lifestyle was changed in their posttest.

**The pre- and post-test association refers to the difference in the level of knowledge and lifestyle changes of a university student with his or her chosen demographic variable.**

**The association of pre- and post-test means a difference in the level of knowledge about the influence of social networks on university students with their chosen demographic variable.**  
N=50

S.NO	Demographic variables	Pre test		Post test		Mean Diff		ANOVA
		Mean	S.D	Mean	S.D	Mean.	S.D	
1	<b>Mode of social network use</b>							F= 0.418 P =0.742 N.S
	Smartphone only	5.6	1.54	11.2	2.38	5.9	0.76	
	Laptop only	5.6	1.35	12.7	1.67	6.8	0.33	
	Computer only	5.2	2.74	10.5	2.86	5.3	0.13	
	Smartphone and laptop	8.34	2.19	11.8	2.41	3.5	0.24	
	Smart phone and computer	9.1	2.91	14.3	3.04	5.0	0.13	
	Laptop and computer	7.2	2.88	12.4	3.31	5.31	0.45	F= 0.449 P = 0.809 N.S
2	<b>Purpose of social network use</b>							
	Study purpose only	8.1	2.45	14.2	2.82	5.85	0.38	
	Entertainment only	6.66	2.61	10.5	2.86	3.84	1.23	
	Chatting with friends and entertainment	5.58	4.98	10.9	6.58	5.32	1.6	
	Chatting with other only	6.08	2.68	11.15	3.63	5.07	2.39	
	Making new friends	7.2	3.10	11.8	4.01	4.6	1.5	

3	<b>Mode of stay</b>							
	Parents	5.58	2.02	12.08	2.82	6.51	0.79	F=1.560 P= 0.222 N.S
	Relatives	6.33	4.65	12.32	6.16	6.1	1.48	
	Hostel	9.24	5.62	12.71	7.51	3.48	1.88	
	Friends	7.15	2.73	12.41	2.88	5.27	0.12	

### **N.S – Non significant**

Association of an average degree of knowledge about the influence of social networks on university students on their chosen demographic variable.

The table shows that there is no statistically significant correlation between the mean different value of knowledge about the influence of the social network and demographic variables.

Conclusions: This study evaluated the Efficiency (IEC) package on the impact of social networking knowledge and lifestyle changes among university students at a selected Salem University. The study concluded that there was a statistically significant difference in the level of knowledge and life changes compared to the (IEC) package.

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