IMPACTS OF TIME SPENT ON INSTAGRAM BY INDIAN GRADUATE STUDENTS AT PITTSBURG STATE UNIVERSITY ON THEIR GRADES.

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A Research Proposal

Presented to

The Graduate and Continuing Studies

Department of The Department of School and Workforce Learning

Pittsburg State University

Pittsburg, Kansas

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Master of Science in Information Technology

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Keywords: Students, University, Instagram, Time, and Usage.

ABSTRACT

This research aims to investigate the impacts of time spent on Instagram on the grades of Indian graduate students at Pittsburg State University. The study will sample 218 Indian Graduate students for data collection. The insight that will be obtained from this study will be significant to various groups of individuals, such as students, learning institutions, and policymakers. The research question that will be examined in this study is: What are the impacts of time spent on Instagram on the Indian Graduate students’ grades at Pittsburg State University? This research utilizes descriptive research design to provide answers to the research question. This research will be conducted following a quantitative research methodology. The population of 218 participants will be equally distributed in terms of gender (female and male). In this research, an online survey will be primarily employed as the tool of data collection. The data collected from the participants will be analyzed using a quantitative analysis approach. This method uses numerical data and statistical approaches to analyze the data and produce insights. The reliability and validity of research findings are important aspects of quantitative research. Internal validation and internal consistency reliability are some of the reliability and validity approaches that will be utilized in this study to achieve consistency and trustworthiness of findings.

DEFINITION OF TERMS

1. **Social Media-** digital technology that allows individuals to share information (Danquah et al., 2018).
2. **Instagram-** This is a social media application that individuals use to share information (Huang & Su, 2018).
3. **Impact-** the effect or influence caused by something or a situation (Danquah et al., 2018).
4. **Grade-** this is an educational rank that specifies how an individual has achieved in a subject or course (Ersoy & Arseven, 2021).
5. **Students-** an individual who is enrolled in a learning institution (Ersoy & Arseven, 2021).
6. **Degree-** this is an award given to students at university after they complete a course (Ersoy & Arseven, 2021).
7. **University-** a tertiary institution that offers students with degrees (Ersoy & Arseven, 2021).
8. **Addiction-** A strong urge among individuals to do or use something (Ersoy & Arseven, 2021).

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# CHAPTER 1: INTRODUCTION

## 1.1 Purpose of the Study

The exponential growth of social media has been facilitated by the emergence of internet technology. They achieve widespread recognition and establish a pivotal influence in every facet of existence, specifically education. Over the past decade, there has been a notable shift in scholarly focus toward the utilization of social media and its impact on educational operations. Social media facilitates the formation of collaborative student organizations, establishes communication channels with students, and promotes the exchange of ideas among educational professionals. The majority of international studies examining the relationship between social media usage and academic performance among students have not identified a particular university. This research will concentrate on Indian graduate students at Pittsburg State University.

This research aims to investigate the connection between the time spent on Instagram by Indian graduate students at Pittsburg and their academic performance. Therefore, the study aims to provide a comprehensive and clear explanation of how the use of social media platforms such as Instagram can affect the academic success of students. This relationship will be crucial to educators, policymakers, and students in establishing a balance between Instagram usage and academic performance. In order to achieve this purpose, this study will be conducted by quantitative research methodology. A descriptive research design will guide the study throughout. The Indian graduate students (who will serve as the population in this study) are from Pittsburg State University. They will be sampled using convenience sampling to achieve a sample size of 218 participants. The selected participants will participate in an online survey to provide their opinions as quantitative data. After the data collection, the researcher will analyze the results obtained using quantitative analysis. This approach will utilize other methods such as data visualization to represent the collected through data visualization tools for better understanding, and this approach will analyze the data to draw conclusions.

## 1.2 Significance of the Study

This study aims to investigate the impacts of time spent on Instagram on the grades of Indian graduate students at Pittsburg State University. Therefore, the insight obtained from this study will be significant to various groups of individuals. Students are currently involved in Instagram activities and scrolling, and hence, the research will play a significant role in ensuring that they get strategies on how to balance their activities to achieve their academic goals. They will understand the importance of maintaining healthy habits while interacting with Instagram and other similar applications.

Academic institutions will also benefit from this study. These institutions will understand the impact of the time spent on Instagram on students and, hence, develop programs that promote healthy approaches that will minimize negative effects on their academic performance. In addition, the institution will understand the best way of supporting its students toward the academic journey in the technological era.

Policymakers will also benefit from this study. They will make decisions that consider learning institutions' interests and the well-being of students. This not only improves students' academic performance but also helps nurture a responsible professional generation. The research will also contribute to the academic journals and articles after publication. Other researchers can use the findings of this research to formulate their theories and research concepts. Because of these important factors, this research can be termed significant and should be conducted in the best way possible.

## 1.3 Research Questions/Hypothesis

### 1.3.1 Research Question

What are the impacts of time spent on Instagram on the Indian graduate students’ grades at Pittsburg State University?

### 1.3.2 Hypotheses

1. **Null Hypothesis:** There is no correlation between the time spent on Instagram and the academic performance of Indian graduate students at Pittsburg State University.
2. **Hypothesis 1:** There is a positive correlation between the time spent on Instagram and the academic performance of Indian graduate students at Pittsburg State University.
3. **Hypothesis 2:** There is a negative correlation between the time spent on Instagram and the academic performance of Indian graduate students at Pittsburg State University.

## 1.4 Assumptions

This study has the following assumptions:

1. This research assumes that the sampled participants will represent the entire population in terms of demographics, time spent on Instagram, and academic performance.
2. The study assumes that the participants will provide honest opinions and that the research will gather self-reported data about the research problem being investigated.
3. The research assumes that the correlation between the time spent on social media by Indian graduate students and academic performance will not have been interfered with by other variables that are out of scope.
4. The study assumes that social media usage is similar among all students.
5. Most students pursuing their Master's degree are between 21 and 30 years old.
6. The study assumes that the evaluation criteria for student performance are similar among all students and highlights students' academic ability in various courses.

## 1.5 Limitations of the Study

This study has the following limitations:

1. The study could be limited by self-selection bias; students behave differently on social media and perform differently academically.
2. The participants can adjust their answers to fit societal expectations; this could cause biases in this study.
3. The study will not address other variables such as family history, geographical location of students, and other activities that could affect their academic performance.
4. The use of social media, such as Instagram, and habits toward the application may change over time; this raises concerns when the long-term validity of this study is considered.
5. This study investigates the relationship between the time spent on social media and the academic performance of students, which is a complex situation and could be challenging to investigate.

# CHAPTER 2: LITERATURE REVIEW

## 2.1 Social Media Usage and Academic Performance

Oueder & Abousaber's study in 2018 focused on the effects of social media on academic performance of university students. They made use of the University of Tabuk to find out the influence of media consumption on students and examine particularly positive and negative aspects of social media. Oueder & Abousaber (2018) summarized social media's drastic expansion, achieving the highest rates among students and its swift integration into their daily lives. A comprehensive survey of students at Tabuk University was conducted to get insights into those who use social media more frequently and for long periods, students' preferability of social media usage, and social media's impact on communication between operators and students. According to Oueder & Abousaber (2019), a survey indicated that 45% of people spent between one and three hours on social media websites daily. Moreover, 70% of the participants reiterated that utilizing the platform for transmitting knowledge is an instructor's preeminent obligation; therefore, the students were less enthusiastic about engaging with social media for educational purposes.

Boahene et al. (2019) focused on examining the link between students' use of social media in learning and their cumulative grade point average academic achievement. The researchers examined this association by sampling 808 students from 10 schools. Boahene et al. (2019) asserted that academic performance demonstrated knowledge application, understanding of concepts, and display of abilities. Boahene et al. (2019) stated that everything that positively or negatively influences students' academic performance must be monitored and regulated. Additionally, Boahene et al. (2019) revealed that academic achievement was measured through a student's understanding of the complexity of the curriculum and instructional system of the education key performance indicators. In their research, Boahene et al. (2019) discovered that social media covered all the diverse online activities that one is likely to participate in.

Barton et al. (2018) focused on how the use of social media can impact students' academic performance. Therefore, they sampled 659 participants and conducted a moderated multiple-regression analysis. Barton et al. (2018) found that social media usage had a detrimental impact on academic performance. In addition, social media was identified to be a predictor of GPA. However, no significant relationship was discovered between social media use and motivation or attention. The current findings contribute to the body of information on the link between social media use and academic accomplishment, prompting much debate in previous studies. Though few studies have found an adverse relationship between social media use and academic success, most research has not reached this conclusion. Barton et al. (2018) stated that further study is required because students often utilize social media sites. Their study examined how social media influences motivation, focus, and academic accomplishment, providing valuable insights for educators, lawmakers, and students. Barton et al. (2018) highlighted that understanding the intricate link between social media use and academic achievement may allow programmers to create solutions that assist students in managing their digital activities while remaining engaged and motivated in the classroom.

## **2.2 Social Media Engagement in Higher Education Learning Institutions**

According to Singh et al. (2016), the urge to use social media to transform teaching and learning has been the focus of current research on social networking sites and early research on web technologies such as wikis and blogs. Singh et al. (2016) stressed the need to identify higher education and promote digital technologies' immense potential to increase student involvement, college experiences, and instructional practices. Singh et al. (2016) emphasized the significance of making innovations and adaptations to stay up with the ever-changing education industry. Many researchers have identified and researched features of faculty usage of social media platforms and student involvement in higher education. Academic achievement and social media use were investigated, and Singh et al. (2016) concluded that interactive blogs had increased university students' perceptions of academic accomplishment and peer interaction. Singh et al. (2016) revealed that using social media dramatically increased undergraduate semester grade point averages and engagement.

## **2.3 Interaction with Other Types of Social Media (Facebook)**

Habes et al. (2018) conducted their study to understand the relationship between social media usage and academic performance. They utilized a mixed-method approach that utilized academic performance data and surveys. According to Habes et al. (2018), experts have paid special attention to the intersection between technology and education. Social media is one of these technologies and is critical to this type of integration. Habes et al. (2018) revealed that Facebook enhanced students' moral, intellectual, and linguistic conduct. Academically, the proportion of teens is the most commonly used but least accepted. Habes et al. (2018) argued that it may help students grow technically, foster creativity, increase information exchange, and promote their personal development. Students who utilize social networking sites effectively can improve their academic performance and study excellence while also creating a more cooperative learning environment. Habes et al. (2018) proposed utilizing educational and pedagogical tactics to improve academic accomplishment, limiting Facebook use for enjoyment and communication, and improving time management skills. Social networking platforms should also be employed in academic settings. Furthermore, a new technique for understanding the success formula, which involves the student, the instructor, the subject matter, and the technology context, should be used to design systems that increase academic engagement and minimize academic performance setbacks. Habes et al. (2018) also highlighted that teachers and parents must keep an eye on this and ensure that students use these sites responsibly, balancing social media, schoolwork, and extracurricular activities.

## **2.4 Social Media as a Tool for Improving Academic Performance**

Al-Rahmi et al. (2015) highlighted those institutions that use traditional learning management systems tend to miss out on opportunities such as social media utilization to encourage academic cooperation among students. Due to the current surge in social media use, particularly among academic researchers and professors, much research has been conducted to determine how social media might improve the academic performance of researchers through collaborative learning. For this purpose, it is critical to examine the true link between academic achievement and social media use. Al-Rahmi et al. (2105) investigated the link between social media use and academic achievement. A survey of 323 research students from Universiti Teknologi Malaysia yielded validated results. The researchers investigated the relationship between collaborative learning, academic achievement and social media by utilizing structural equation modeling. The results of their study indicated a clear link between collaborative learning and the use of social media. Al-Rahmi et al. (2015) suggested that linking social media to traditional teaching techniques is essential in promoting an interactive learning environment.

## 2.5 Impact of Instagram on Academic Performance

Alatawi (2016) discovered that the primary uses of Instagram and Snapchat are peer communication and sociability. Students utilize Instagram for various reasons, based on their academic subject, gender, and level of platform participation (Huang & Su, 2018). According to Huang and Su, male students used the app more frequently than female students to market themselves. Al-Kandari et al. (2016) found that cultural characteristics influence how students use Instagram, independent of gender. However, Alatawi (2016) discovered that time management skills are required to assess how Instagram and Snapchat affect academic achievement. The study's findings indicate that when students use these two sites frequently, their academic performance decreases. According to Alatawi's (2016) study, half of those who utilized these two platforms for more than four hours each day indicated addiction and negative consequences on their academic performance and attendance. In contrast, the 4% of those whose GPAs were impacted by browsing these two sites spent no extra time on them. According to Danquah et al. (2018), Instagram's impact on academic success might be favorable or harmful, depending on how it is utilized.

## 2.6 Other social media and Students' Academic Results

Most students utilize social media to achieve both social and academic objectives (Bajpai & Maneesha, 2018). According to Lambi (2016), the impact on academic achievement might vary depending on the specific aims. Lambi (2016) found a favorable relationship between student academic success and the frequency of Facebook use for academic purposes. However, no significant relationship was established between students' indiscriminate Facebook use and academic achievement. In Wang & Mark's (2018) study, disparities in Facebook use patterns were discovered between high checkers (those who check the site regularly) and low checkers (people who visit the platform seldom). Surprisingly, the findings demonstrate no statistically significant differences in academic success between those who advise extreme caution and those who advise no caution at all. Wang et al. (2015) found no significant difference in grade point average (GPA) between those who checked social media frequently and felt more out of control against those who checked less frequently in a study of 48 college students in the United States. On the other hand, Junco's (2012) research found that Facebook hurt academic achievement based on self-reported data. Wang & Mark (2018) observed that problematic platform uses stems from Facebook usage, which lasts longer after engaging in recreational activities than academic pursuits.

Academic performance among university students is frequently seen as an important indicator of the type of life they will lead in the future (Li et al., 2018). Institutions, parents, students, and instructors all prefer to use the Internet as a teaching resource (Kubey et al., 2001). Islam et al. (2018) and Kubey et al. (2001) discovered a relationship between students' overall academic underachievement and excessive internet use. The fast growth of social networking sites (SNSs) has resulted in a huge rise in the amount of time students spend using these online platforms. Excessive usage of SNSs may impede students' academic development and negatively damage their academic accomplishment. Previous studies have demonstrated that a tiny fraction of social networking site users, particularly students, might become extremely preoccupied or develop an addiction to SNSs. Such an addiction would negatively impact students' academic performance, personal lives, and health. Overuse of social media sites (such as Facebook and Instagram) while academics impairs students' ability to concentrate and encourages disruptive multitasking. As a result, students begin to pay less attention in class and during exam preparation, perhaps resulting in a reduction in academic achievement.

## 2.7 Instagram Addiction

Social media is a crucial aspect of our daily lives, providing several benefits in the sectors of business, education, communication, and others. However, excessive and regular social media use develops into addictive behavior over time. Students who are heavily reliant on social media spend a lot of time on these sites, delaying the completion of assignments and studying for examinations. This proclivity to put off studying may lead to a deterioration in students' academic performance. Most studies have investigated extensively the issues involving internet addiction and how to regulate procrastination and academic performance (Azizi et al., 2019; Demir & Kuntlu, 2018); this means that the addictive behavior of social networking sites or the Internet is associated with high procrastinating and low academic performance.

Aznar-Díaz et al. (2020) found a positive relationship between class procrastination and internet and social media use. Academic procrastination takes hold mostly in students who are addicted to social media and the Internet (Azizi et al., 2019). Ersoy & Arseven (2001) highlighted that most students struggle to complete their assignments within deadlines. People will then choose to escape from reality if they find a distinction between their current situation and the future, they envisioned in the self-escape theory. The retreat will be aimed at a reduction of negative emotions and experiences. The cognitive reinforcement hypothesis posits that students turn towards social media because it is fun, and they can take a break from boring and repetitive classes. When they face reality, they start having concerns- they put off schoolwork so they may use social media.

## 2.8 Strategies to Minimize Negative Impacts of Instagram

The relationship between extended usage of Instagram among students has been associated with negative outcomes on their academic performance (Lopes et al., (2022). Various strategies can be incorporated to help university students manage their time spent on Instagram. The first approach is online literacy for the students. According to Kaplan & Haenlein (2010), the strategy will help students learn how to think critically, be objective in analyzing information, and avoid biases and deceptions on the Instagram platform. The process involves knowing what kind of algorithms are used for content categorization, ascertaining strict account custodianship and locating all cases of hate speech and harassment within digital platforms. Implementing social media literacy into academic courses, conferences, or even online sources is possible.

According to Lopes et al. (2022), students might have time management issues and fail to set boundaries, which could lead to them using Instagram for a long time. Therefore, engaging in physical activity and pursuing non-digital hobbies and interests can be other strategies to eliminate these challenges. Schools, tutors, and psychologists help students manage their time effectively. Self-reflection and mindfulness practices can help students increase their awareness of how their social media use affects their general well-being (Best et al., 2014). Students may discover their beliefs and goals by using these tactics, including self-evaluation, writing, and meditation, and then appropriately align their social media activity. Students who practice mindfulness and self-reflection can create a more positive and balanced connection with social media, minimizing the negative impacts of excessive use.

Instagram has intrinsic functionalities that notify users it's time to take a break; this is an important feature that helps the user regulate their screen time and can be used as a great strategy. Another strategy is the provision of tutors' support and training. Providing educators with the information and materials they need to address the issue of social media usage in the classroom can make it easier to incorporate social media into instructional strategies and encourage responsible social media behaviour among students (Triacca & Petti, 2014). Educators have a significant effect in promoting digital citizenship, encouraging ethical social media usage, and promoting online safety (Kaplan & Haenlein, 2010). This includes legislative and regulatory measures designed particularly to address concerns like cyberbullying, hate speech, and the protection of personal data privacy.

# CHAPTER 3: METHODOLOGY

## 3.1 Research Design

This research utilizes descriptive research design to provide answers on how the academic performance of Indian Graduate students at Pittsburg State University who are in a Master's program is affected by the time spent on Instagram. In order to apply this research design effectively, the researcher will have a neutral and objective overview of the observed subject matter or population without intruding on or altering the research process. With the use of a descriptive approach, this research allows the researcher to investigate the connection between time spent on Instagram and the student's academic performance; the insight obtained will be beneficial in understanding their academic behavior and outcomes.

This research will be conducted following a quantitative research methodology. This approach relies on statistical data tools to determine the relationship/ association between the time that students spend on Instagram and their academic performance. Usually, this method involves the collection and grouping of statistical data, which, overall, leads to significant visualization after statistical analysis; this aids in figuring out trends, patterns, and relations in data.

The choice of research design for this study is due to a number of reasons. The first reason is that descriptive research design is exploratory in nature. Therefore, this research will provide an in-depth understanding of the relationship between the variables. The other reason is that descriptive research is non-intrusive and minimizes participants' behavior interference. This ensures that the findings obtained are consistent and accurate. Descriptive research design facilitates the generalizability of the findings to a larger population. 50 Indian Graduate students are a great sample to generalize the population. The research design also facilitates statistical analysis that provides correlations of variables; this is used in the identification of the connection between performance and Instagram usage time. For these reasons, a descriptive research design is suitable for this study.

## 3.2 Population

The research project population are Indian Graduate students at Pittsburg State University who meet a set of demographics. The population, therefore, consists of 218 participants, who are equally distributed in terms of sex (female and male). This distribution of 109 females and 109 males ensures that there are no disadvantaged participants; this minimizes biases in this research. Participants from this college are chosen from Pittsburg State University; this ensures that the findings obtained from the study represent the whole university community.

Moreover, the participants will be in the age group of 21- 30 years. This range aims to distinguish the students in their Master's Degree at Pittsburg State University. In order to qualify to take part in the research, the candidates must be admitted into Pittsburg State University and pursue any MS program; this is the study's selection criteria.

## 3.3 Sample

The sample size of this research is 218 participants. This was obtained by applying Krejcie & Morgan's (1970) formula: s = X2 NP(l-P)+d2 (N -1) + X2 P(1-P) where "(s = required sample size, X2 = the table value of chi-square for 1 degree of freedom at the desired confidence level (3.841), N = the population size, P = the population proportion ( assumed to be .50 since this would provide the maximum sample size), and d = the degree of accuracy expressed as a proportion (.05))."

The sampling technique that will be considered in this study is the convenience sampling technique. This method will be used to select the sample population for this study. This method involves recruiting participants who have the requisite accessibility and willingness to engage in the research instead of using randomization and stratification as included in some other types of studies. Practicality and speedy response feature the 'convenience sampling' because the researcher targets the population that is easily and quickly available.

Due to their schedule, Indian Graduate students at Pittsburg State University can be hard to get; thus, this sampling technique makes it easier to select the participants. Therefore, the researcher will quickly get the information by targeting students available on campus or through online platforms to avoid a long process of recruitment. Considering the limitation of time and resources that usually exist in research, convenience sampling will provide a practical solution for data collection by allowing to target participants who are in an accessible location and decreasing the time and effort necessary to collect data. The techniques may also negatively impact the research, such as sampling bias that may result from the selection of volunteers who might systematically be different from the unselected population. This may result in issues while generalizing the results to a larger population.

## 3.4 Data Collection Methods: Online Survey

In this research, an online survey is a primarily employed tool for data collection. Online surveys have advantages such as convenience due to their established online presence, which facilitates the availability and the ability to accommodate a large number of participants. Many people nowadays use the Internet to respond to any online research studies – this is done through multiple different digital avenues like social media and emails. A huge number of barriers are minimized, which increases the participation of citizens and draws better representativeness from the sample.

The process of designing and implementing an online survey is methodologically systematic to attain crucial information linked to the academic performance and Instagram usage of the studied population. In this study, the questions will be a of closed end. Furthermore, the participants will be invited to the survey through the university's communication channels. They will also be provided with a clear explanation regarding the objectives of the study and assurance that their information will be kept private. Respectively, reminders will be sent to invite more active participation and minimize the effects of the non-responder bias.

The surveys conducted will maintain the ethical considerations of research. These considerations include informed consent data privacy and confidentiality. All the participants will be given unambiguous information about the research objectives, their rights as volunteers, and the safety measures indicating the security of the data. Throughout this study, the ultimate goal will be to analyze the significant opinions about the relationship between using Instagram and the performance of students with Master's Degrees at Pittsburg State University. Therefore, it will be important to maintain the quality and integrity of the research process, which is why ethical guidelines related to the use of human subjects in the study will be thoroughly respected.

## 3.5 Data Analysis Procedure: Quantitative Analysis

The data collected from the participants will be analyzed using a quantitative analysis approach. This method uses numerical and statistical data to understand and investigate the participants' events. This analysis technique assists researchers in evaluating and measuring variables, investigating ideas, and identifying patterns or correlations in the data. This research considers quantitative analysis because it provides a logical and objective manner to analyze the relationships between variables and provide meaningful results. Also, quantitative techniques eliminate subjectivity from data interpretation by allowing accurate and objective evaluation of variables. The gathered data will also be visually represented using data visualization techniques, which will help in the identification of trends, patterns, and outliers. Visual tools like charts, graphs, and diagrams will be used to help people understand the data and express the conclusions more easily.

## 3.6 Role of the Researcher

In this study, the researcher has several roles that contribute to its success. These roles include:

1. The researcher has the role of formulating the research question of this study to fit the research purpose. The research questions are designed alongside the hypothesis that will provide guidance in this research.
2. The researcher was responsible for collecting data from the participants. Therefore, another role for the researcher in this study is to ensure that the right population is selected to participate in the online survey.
3. After the researcher collects the data, the other crucial role will be analyzing the statistical data using quantitative analysis. This analysis will incorporate data visualization techniques, which involve representing the data visually using graphs, charts, and diagrams.

## 3.7 Validity and Reliability

The reliability and validity of research findings are important aspects of quantitative research. They ensure that the findings are credible and are obtained in a non-misleading way. In this research, validity will be used to ensure that the research evaluates its purpose, while reliability will ensure that the findings are consistent and trustworthy. In order to achieve the validity of the findings, the research will utilize internal validation (Steyerberg et al., 2001). This technique will ensure that a causal link between the dependent and independent variables of this research will be proved. The type of reliability that will be used in this study is internal consistency reliability. This approach involves how questions in the questionnaire examine a similar construct. Hence, the user can use several questions to assess a specific construct.

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## Survey Questions

**Age:**

**Gender:**

On a scale of 1 to 5, Please select the options accordingly Strongly

Disagree(1), Disagree(2), Neutral (3), Agree (4), Strongly Agree (5).

**Question 1:** I spend 5 or more hours per day on Instagram.

1 2  3  4  5 

**Question 2:** I check my Instagram account during study sessions.

1  2  3  4  5 

**Question 3:** I delay or Procrastinate on Academic assignments due to Instagram usage.

1  2  3  4  5 

**Question 4:** I believe that if I reduce my time on Instagram, it could enhance my academic performance.

1  2  3  4  5 

**Question 5:** I think that if I limit my Instagram usage, it could have a positive impact on my academic performance.

1  2  3  4  5 

**Question 6:** I am confident in effectively managing my time between Instagram and academic.

1  2  3  4  5 

**Question 7:** I often lose track of time while scrolling through Instagram instead of studying.

1  2  3  4  5 

**Question 8:** I find it hard to stop using Instagram and start studying.

1  2  3  4  5 

**Question 9:** I have submitted academic assignments late because I was distracted by Instagram.

1  2  3  4  5 

**Question 10:** I find that my focus and concentration on Academic tasks are affected by Instagram Usage.

1  2  3  4  5 