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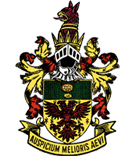
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**Raffles Institution**

**Secondary One Research Education**

**Social survey Report**

An investigation into the effects of Facebook on social health of RI year 1 students

Raffles Institution Research Education

Done by: Mukund, Rasydan, Akmal and Louie

Class: 1E

Teacher Mentor: Mr. Edmund Chow

Year 1 Research Education 2009

Social survey Report

**An investigation into the effects of Facebook on social health of RI year 1 students.**

Group members: Akmal, Mukund, Rasydan, Louie, Class 1E RE group 6

**II. Introduction**

1. Statement of problem

Facebook is one of the most popular social networking website among teens (Lance Whitney, 2009).People can do many things with this Social Networking platform. They can update their status, play games, chat, post photos and many other things. However, does this intensive time spent in the digital world affect one’s social skills? Sometimes, because of Facebook, some people tend to get absorbed into Facebook that they are oblivious to their surroundings. They ignore their loved ones and start to become a narcissist who is person who is in his own world and does not care about the wellbeing of others. They also become very socially unaware and start to lack social skills like the vital communication skill (Thompson, 2009). In Singapore itself, many teens are already starting to have bad communication skills, which are detrimental to social health. They cannot express themselves properly; they have an indifferent attitude towards family bonding and do not like to hang around with their pals. Instead, they would rather go home and use Facebook or as the common slang suggests, “Play Facebook”.

1. Purpose of study

From our research, we seek to find out whether RI Year 1 students are affected by Facebook in terms of social health. If the students are affected, we will use them as a base line and try to figure out ways to curb this problem and nip it in the bud before it can progress to the later stages when the user is about 15- 20 years old. We will also aim to create awareness among parents of teenagers who use Facebook to monitor them closely to make sure they do not fall into the trap of a total indifferent attitude towards loved ones and social well-being.

**III. Survey Methodology**

1. Objective of survey

The objective of our survey was to find out what the RI Year 1s thought about Social Wellbeing. The survey would help us to gain a clear understanding of what the pupils do on Facebook. With this, we would be able to see if RI pupils are really affected in terms of their social health. Another objective is to find out if RI students spent a lot of time on Facebook and then ignore their loved ones, and this is a clear indication of poor social wellbeing and this survey would also allow us to find out what exactly we have to do to curb this problem if it exists.

1. Demographics of survey respondents

Our survey respondents were 20 RI Year 1 students who were and were not Facebook users. We picked them out randomly to get as accurate answers as possible

1. How the survey was carried out

Our survey was carried out between the 24th of February and the 2nd of March. . The survey respondents were asked to complete a series of 10 questions which were designed to understand their regular habits on Facebook if they had one and how it affects them. Those who did not use Facebook were also asked to do the survey because we wanted different opinions from different perspective. We wanted answers from those with 1st person opinions about Facebook and 3rd person opinion of Facebook. This enabled us to get a clearer understanding of what the majority of people thought about Facebook and how it affects. The surveys were given out at the common haunts of Year1s such as the library and canteen and we also gave out a few during dismissal time. The survey was structured with clarity and significance to the topic at hand. The questions were not ambiguous and the survey respondents were given the chance to comment and provide candid feedback. A pilot survey was conducted on a small group of ten respondents to validate the survey questions. Feedbacks and comments from the teacher-in-charge were taken into consideration and the survey questions were improved.

Personal information about the respondents was kept confidential to enable the respondents to answer the survey questions freely and protect their privacy.

**IV**

Figure 1 Facebook users and non- Facebook users

The percentage of those who use Facebook is 4 times higher than those who do not use Facebook. This gives us an incentive to conduct this research because we now can make an educated inference that many people use Facebook, and thus, these people may experience issues related to social health because of Facebook.

Figure4 shows the amount of time a user uses Facebook. This piece of information is vital because we get to see the trend of how long users use. This will be very helpful to see whether users spend more time with their family. This is connected with figure 3 because the results of this lead to the consequences, which are stated in Figure 3. The more time they spend on Facebook, the lesser time they spend to bond with their family. This also affects their Social health.

Figure 2 Most Facebook users state that they feel positive after using Facebook for so long. This could be because they get do distress by playing Facebook. Some of them also say that they feel tired and lethargic after using Facebook for a long period of time. They stated that they felt like taking to no one and felt like doing nothing except sit down and stare into mid space. The most probable reason for this is because they have nothing in mind except what they did on Facebook. Half of those who said that the did not feel positive also stated that they felt that they had wasted a lot of time when they had work at hand and they regretted using Facebook for a long period even though they could have done something more productive. This shows that Facebook also affects one’s time management, which is also a vital part of social health. Poor time management can lead to stress which affects their social health because they become very withdrawn because of stress and feel overpowered by stress.

Figure 3. An equal 56% of respondents stated that users become withdrawn and it causes misunderstandings among friends and family. 44% of people state that it causes an indifferent attitude. This is highly detrimental to social health because if one has misunderstandings with his family, the family might get angry with him and desert him. This can cause the person to go into depression and ruin his whole life. Indifference within family is when the person is so preoccupied with Facebook that he starts to ignore the wellbeing of his loved ones.

**V. Discussion**

a. **Implications of findings**

Our aim for this research is to find out whether Facebook affects Social Health of RI Year 1 pupils. Our results show that about 56% of pupils feel that they are not affected by Facebook in terms of Social Health. The others feel that they are affected because they felt that they ignore their family members and do not really bond with them. Those who stated that they are not affected; they said that in general, for the whole population of Facebook users, there are those who have problems because of Facebook in terms of Social Health, especially teens who are the group of users who are most affected by Facebook. (Fodeman, 2009) For teens, their communication and privacy- which are too of the main aspects of social health- are affected because of Facebook. Since they spend a lot of time on Facebook, they do not know how to have a face to face conversation with their friends and family and because of their poor management of privacy, they also start to inadvertently leak personal information and when someone takes advantage of that, the victim goes through depression and closes up to people. Our findings through this survey proved that in general, Social Health is a problem among users, especially teens.

b. I feel that our research had a few limitations. That included the age group we were implementing the survey on. We only implemented it on RI year 1 students. Considering the fact that Facebook is such a huge network, we might not have been able to derive at a definitive answer. Moreover, we had only 20 respondents to work with and because of that, we could not widen our perspective among different age group and so, our results may not be 100% precise.

c. For future research, we can also include a wider range of respondents of varying age groups so that our results will be more accurate because we will get better responses. We could also include more key factors of Social Health like privacy so that we can see what kind of different problems people are facing because of Facebook.

**VI. Conclusion**

Facebook is a very famous Networking platform. However, there are bound to be problems. One main problem is that the Facebook users’ Social Health is affected. That is why, in this research, we are investigating that on RI year 1 pupils. Our results show that people are affected by the Facebook in terms of social health. This problem can be very serious if it is ignored. Sometimes, people can get nervous breakdowns because of Facebook as there may have been some misunderstanding between relationships. There is also an issue of privacy. Poor management of privacy can affect social health because when the user’s personal information is revealed, the person may become very anxious and this may lead to rash actions like self-inflicted wounds or in extreme cases, suicide. When users use Facebook for a long period of time, they tend to ignore their family members. They do not bond with them so often. Family bonding is vital for a family to stick through thick and thin. The user tends to slowly break away from family members and soon completely ignore them. Another problem among some users is narcissism. It is when someone only cares about himself or herself and does not give consideration to his family’s wellbeing. As this is a mental illness, it can be treated. Another aspect which is affected is communication. When a person spends too much time on Facebook chatting, they tend to forget how to communicate face to face and they feel rather shy to do so. They may not be able to express themselves

And because of that, they may not be able to voice out their concerns or problems. We have come up with a few solutions. Teachers in school can conduct many oratorical activities such as show and tell, giving speeches about current affairs, stress management and many more. Parents can also keep tabs on their children’s Facebook usage and curb them when necessary and they can also explain to their children the importance of bonding with the family. Parents and also arrange outings for the whole family for family bonding to improve the child’s social health. Health organizations such as the World Health Organization (WHO) can hold talks for parents and teenagers alike to explain to them about privacy and how to manage privacy. Counselors must be sought if a user has any problems with social Health so that the counselor can give useful advice.

Finally, we hope that our methods would help the people of the society in raising awareness of Social Health and how it affects lives of teenagers and people of other ages as well.

-Thank you-

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