



A Peer Reviewed International Journal of Asian
Academic Research Associates

AARJSH
ASIAN ACADEMIC RESEARCH
JOURNAL OF SOCIAL
SCIENCE & HUMANITIES



STUDY ON EFFECT OF SOCIAL NETWORKING SITES ON PHYSICAL EDUCATION STUDENTS OF JAMMU DISTRICT

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Abstract

The present study was carried out on physical education students of Jammu District of Jammu University and different colleges. The main objectives of the study were to study the awareness of usage level of different social sites among the physical education students, to find out the physical education students getting impacted or affected by these social sites positively or adversely and to suggest educational implications based on findings of the study. In this research the investigator used the simple random sampling method. The investigator used the lottery method in which he selected the Jammu University and colleges of Jammu District. Among these colleges he selected the sample of one hundred forty physical education students. For the purpose of data collection keeping in view the research field of the topic, a self structured questionnaire as a tool was used. 95% students agree that they are the member of social networking sites, whereas 5% students said they are not a member of social networking sites. 89.29% students visit social networking site with specific purpose in mind whereas only 10.71% of the total respondent visit social networking sites with not a specific purpose in mind. 53.58% students usually surprised by how much time they spent on social networking sites whereas 46.42% of the respondents usually not surprised by how much time they spent on social networking sites. 76.43% thought that these sites provide them a platform to represent their thoughts whereas 23.57% thought that these sites not provide them a platform to represent their thoughts. 60.71% respondent thoughts that they make hundred of friends on these sites just to show superiority to their friends whereas 39.25% of the responded thought that they don't make hundred of friends on these sites just to show superiority to their friends. 70.71% respondents responded that they think that these sites are still required in present time. 75% responses are in favor of the use of these sites is important for everyone while other 25% are believed that the use of these sites is not important for everyone. 79.28% students think that these sites are beneficial for coming generation whereas 20.72% that these sites are not beneficial for coming generation. 70% students think that these sites, paving the way for the organization of fake personality trait whereas 38% of the respondent think that the social sites do not paving the way for the organization of fake personality trait. 66.43% respondents responded that social sites are helpful for modifying our mental setup whereas 33.57% respondents responded that these sites are not help full for modifying our mental setup. 73.57% respondents believed that these sites are helpful for their studies and other 26.43% respondent feels that's these sites are not helpful for their studies.

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