

THE ROLE OF SOCIAL MEDIA
IN ALIENATING STUDENTS
FROM THEIR FAMILY.
EVIDENCES FROM QUAID-I-
AZAM UNIVERSITY,
ISLAMABAD

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“Thesis submitted to the Department of Sociology, Quaid-i-Azam University, Islamabad, for the partial fulfillment of the degree of Master of Science in Sociology”.

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Mansoor Ahmed

Abstract

The use of social media in youth is more complex. Nobody can live without social media nowadays; it has become a basic need of life as food and water. Social media is turning out to be an addiction among the students that alienates them from their family. High use of internet in youth is creating a communication gap between two generations. The present study focuses the student population in an educational institution and their attitude towards the use of social media. The researcher used quantitative research designs by using survey method. Simple random sampling technique was used with the sample size of 120. The findings show that 65% of the students agreed that social media weakens the bond and alienate them with their family and 26.7% disagreed with the fact that social media alienates students from their family and the rest 8.3% of the population don't know that whether social media alienates students from their family or not. Thus this study dispels the notion that higher use of social media among students alienates and weakens bond of children with their family. It makes them lose interest in spending more time with their family and creates a communication gap between them and their family. The hypothesis that higher the usage of social media sites, higher will be the level of alienation is accepted by analyzing the results through cross tabulation and chi-square.

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Chapter No.1

INTRODUCTION

. Nowadays only with a touch of a button people can easily communicate with anybody anywhere in the world. Websites such as Facebook, Myspace makes communication with others an easy task. It has been considered to be one of humanity's extraordinary achievements and accomplishments. Humans were never before connected like this to each other as in today's world. In the past people use to wait for days and months to receive messages. This can be illustrated by the fact that, pigeons used to transfer the letters from and to the beloved ones which used to take lot of time, but people still waited. It has turned world to be a global village. Therefore, it has made communication a lot easier than ever before. There is a rapid growth in social media with the passage of time. It has changed the world in many different ways. Every individual is affected by it, either positively or negatively. It has helped people to grow social capital and helped grow economically. We know that everything that expands vastly definitely has its positive and negative sides. We always have to pay price for excessive use of anything, and this is social media after all. Some people find that it's a privilege whereas other feels that it is a curse. At one hand it benefits people at great scale but many other people's perspective about it is that it has ruined the relationships and has destroyed the creativity of our youth. This is undoubtedly true as it is evident through the fact that in every home people interact digitally rather than face to face. This shows that social media has devalued the real relationships. People addicted to social media prefer digital interaction because they view it as their savage of precious time and not killing it in travelling and then meeting them.

Our talented youth creatively makes use of social media and enhance its effectiveness globally which encourages its use worldwide and brings great positive changes. The youth cope up with each other digitally from all over the world and work out for some projects for the betterment of people. Today

many schools teach their students through social media by sitting in other country and easily evaluating their progress. This is seen on the useful interactive website checkmyschool.org where schools are being evaluated digitally thus, saving time and money and benefiting youth and promoting their learning effectively. This form of teaching is widely applied in Philippines. The fact that every individual has a different mind and therefore many such talented and creative minds throughout worldwide can join up and fight with the problems of life by coming up with various distinctive solutions. This is exemplified in the case of global youth anti-corruption forum where 250 children sit together and innovated the various techniques to fight the global corruption. Many undeveloped countries suffer highly with the problem of medical science and are largely unable to tackle the hard situations like fighting with very rare diseases and even knowing them exactly due to the lack of knowledge. This is largely seen in countries such as Pakistan and India. This problem can be sorted out globally as our medical scientists and doctors can contact the experienced doctors in other developed countries such as USA and Canada through social media and can be able to fight the diseases effectively.

Besides having benefits, social media has many negative impacts globally. Nobody can live with social media nowadays; it has become a basic need of life as food and water. It has been psychologically believed that social media is a single most factor causing depression, severe isolation, tragically suicide and anxiety in people. It is also a cause of poor mental growth in children. Increased use of social media can lead to poor sleeping patterns.

Cyber bullying impacts society in a negative way because it is harming young teenagers' minds. It opens up a prospect for demonstrative suffering from getting intimidating, distressing, or embarrassing communication from one

more teenager, and even embarrasses their victims by using different forms of social media.

Cyberbullying has shown to become higher level of depression and it has also shown circumstances of youth suicide known to have heartbreaking messages before the suicide attempt. (Kowalski, 2009: 2)

Unwanted online sexual solicitation is characterized as “the deed of boosting somebody to discourse about sex, to look after something sexy, or to share private sexual info unwantedly” (Ybarra, 2007:31). It occurs when adults of same age intent to engage themselves in sexual activities that eventually results in rape cases.

We think nobody have that much time to disturb others privacy, but using social media can decrease privacy for every individual all around the world, people carelessly keep their personal information and inbox others not even thinking who can benefit it. Twenty-one percent of teens say it is safe to post private information, as well as pictures and keeping a public profile that is totally unsafe. (Cox, 2007: 28)

Many researches has revealed that almost social media has negative impacts on youth. But it has positive impacts too. 21st century has changed the world that men never imagined even. It has changed when, where, what and how young people actually learned. Many of the parents, educators, researchers do not accept this reality, but today youth, media culture and learning is interlinked and nevertheless remains entangled in rich set of relationships today.

In Pakistan, girls are not given opportunities for higher studies even though they are very passionate enough. Here the role of social media comes in, where it helps much of the youth to come in front and show their talents. Therefore youth becomes creative and innovative as the time passes. Social media is making the parents aware about passion of their children of

dreaming high and achieving them. Youth in Pakistan step ahead, especially those poor children who think they have only source to struggle and cannot have anything if they do not struggle. So they write and post different videos to describe daily life and related issues in order to earn and learn more, and depicting the brighter side. And they use media for a social drive.

Many children nowadays complain that their parents are addicted to cellphones rather spending quality time with their children. Nowadays children desire to have quality time with their parents, and that just remains desire. It is now a fact that our family activities have been enveloped with technology.

Social media is swallowing up a major part of our daily lives. It has transformed the mode of interaction. Through the increasing availability of internet, smartphones and greater affordability, people now live in a virtual world oftentimes disconnected with their physical and social networks. The most alarming phenomenon is the loss of message between family followers in some cases. Social media has raised an invisible wall between parents and their children who devote most of their period on social media and do not really communicate with their parents. Dinner time is less casual nowadays, as it has been replaced by the new craze for mobiles and tablets. While yes it is one's life and we just have to remember that what happens or doesn't happen on social media much like in meet space aren't the end of the world. The rapid adoption of the social media is good but it has some downfalls for society. Marriages have been broken up while others committed blunders. Moreover, here in Pakistan even if there are individuals sitting together, but they have no social interaction at all with family. This means that children are not learning the social skills of behaving, respecting, eating together and the cultural importance of traditions.

1.1 Statement of the problem

Social media is the platform where millions of people throughout the world are connecting with each other. Undoubtedly, it has brought great positive changes in the world yet its negative impacts cannot be ignored as they are visibly in front of our eyes. One of the devastating impacts of social media is the severance and alienation of parent-child relationship which can be illustrated through the example below:

“I was in touch with my daughter on Facebook and thanks to it for that. However, I soon realized that it was just the existence of our relationship and so the only awareness of it nothing else. My own daughter posted various things about her life which didn't include her family. We can see our daughter photos on Facebook and other social media sites. In this way directly or indirectly we could see the things happening in her life. As she never has time for her parents. She is so involved in her social life that we rarely talk to each other face to face. The social media in this case Facebook helped in alienating the relationships.”

1.2 Objectives of the study

1. To study the socio-economic and demographic profile of the respondents
2. To explore the practice of social media
3. To check the level of alienation among students because of the extreme usage of social media.
4. Study the level with alienation between parents and children and its effect on their attitude.

1.3 Significance of the study

This study comes under the effect approach of social media and its alienation with family and friends. It discusses those experiences which has caused devastating effects on families and alienated parent-child relationships. It further specifies how advancement in technology has replaced old ways of communication and interaction. This research mainly emphasizes arranged the lasting belongings of social media on family alienation. Therefore, this study applies alienation theory in terms of social media use and its impact on the family relationships. Those research aims to find ways that could help parents and children to keep relationships strong rather get addicted to social media.

Chapter no. 2

REVIEW OF LITERATURE

2.1 Social media and family relations

This has particularly been so for people who for instance, share interests, activities, backgrounds, or genuine connections. However, recently the excessive use of social networking sites among youth has been reported due to access to internet. (Ali, 2016: 1).

As more and more social interactions occur online, a number of studies have examined the quality and development of interpersonal relationships via online modalities. A stream of research has compared different interaction contexts and found that the young generation generally rated email lower than face-to-face interaction or telephone calls when assessing the usefulness of communication methods for relational maintenance.

This suggested that the quality of online interactions was not much different than the face to face interactions and it was viewed as only slightly lower than face-to-face or phone conversations and relationship intimacy did not significantly vary with the communication modes. This study also suggested that online modes of communication have not much profound effect on family relationships (Baym *et al.*, 2007).

2.4 Social Media bridging and dividing relationships

Children spend an average 2-3 hours each day on social media and chatting. In this time span they get involved in some harmful things. Cyber bullying on social media is greatly linked with depression that a child suffers. Children start losing touch with their parents, family and friends as they are afraid to talk face to face. People think sharing problems with friends is much more to get relax so they use social media to share problems instead of sharing them with family. Social media can lead to socially awkward situations as people

don't know how to have conversation and whom to trust or not (Drussel, 2013: 1).

Some families need to endure misconstruing between one another since they don't communicate with each other. Teenagers and adults for the most part share their inclination with companions on the social media; henceforth, the need of sharing are fulfilled that parallels parents' discussions or advice are unnecessary. This assembles a wall among the family members, eventually tearing their emotional attachments apart. Furthermore, we tend to invest more time on surfing internet rather than spending quality time with their family and friends.. People need to see each other and interact with each other in order to comprehend their companions better. In short, it can simply be construed that social media has been a development in communicating, yet is a two-sided tool. Thus, modern society ought to know about its inadequacy and utilize it smartly to keep away from the negative effects. (Curry, 2013: 1).

Upon becoming Facebook friends or any other social media with someone, one cannot find out where that person is from, whom they have dated, where they were last night, and what is their family background?, even they speak to let us know the truth, one will be still in doubt that either the person is telling truth or just making random stories.

2.5 Social Media and Alienation

Alienation is not just a teenage problem. In May, the Mental Health Foundation released a report called The Lonely Society. Its review found that 53% of 18-34-year-olds had felt depressed because of loneliness, contrasted with only 32% of individuals over 55. The question of why was, in part, revealed by one more of the report's discoveries: nearly a third of young individuals answered that they invest too much time communicating on social media sites rather than in personal.

In a YouGov survey published by Samaritans last December, 21% of youngsters aged 18-24 recognized depression as one of their significant concerns. Youngsters stressed more than any other age group about feeling alone, being single, about the nature of their associations with loved ones. Such figures have driven papers to name us the "Eleanor Rigby age"; better connected than any in history, yet peculiarly alone.

New media technologies majorly touched the society overall. The blend of late advancements into social request inside the network, for instance, the relatives, has consequences for social participation between the people. It's obvious from past writing that new advancements affect the social securities and correspondence inside nuclear families in expansive ways that new media innovations facilitate in fast the communication and interaction among families by transfer generations and relatives along. Consequently, it will facilitate connect people and digital divides. However, the new media innovations among a family will result in snobbishness among family life, with people exploitation the innovations severally and during a a lot of addictive manner instead of put together.

Family is a key unit of society that was characterized by the Irish establishment. For a teenager a family is the most important because they are the most essential supply of love, protection and having an identity" (Lalor et al. 2009: 58, 76). This typical plan of the "family unit" that contains of a life partner; a spouse; and one or a lot of children; and therefore the family were oftenly thought-about together for feasible drives. Therefore, family and family area unit presently thought-about as two utterly completely diverse things.

Present day society has offered ascend to a multifaceted nature and assortment of private connections, that has light-radiating diode to Associate in Nursing

"expanded addressing with respect to the long keep running of family structures" (Cheal, 2002: 35). Consequently, it's been found that the family's foundation in the public eye has adjusted, and standard family esteems and accordingly the family itself have obliterated" related to the expansion of autonomy and in this manner the diminishing in family esteems, new advancements are by and by well undeniably more delighted into person's once a day schedule than any time in recent memory (Turtiainen et al. 2007: 478).

Due to these changings in family lives, Ireland is facing a "time-squeeze" This has inclined on the changing aspects of family life and the way relations work on a daily basis (Carroll, 2008: 246). What is more, modification in everyday life And busy schedule have influenced family life to such an extent that relations now not pay time along (Turtiainen et al. 2007: 478). The most functions that families currently perform are utilization, rearing of youngsters, and tension management. As a results of their awry it are often understood that families during this century are in additional bother (Cowan, 1976:2).

In twenty first century there has been associate extreme modification in familial relationships. in spite of selecting or not selecting these relationships they embrace variable dimensions of responsibility. as an example, relatives might have a sense of commitment towards one another" whereas on the opposite hand friends square measure seen as chosen relationships that we tend to created and socialize with. The modification in family relationships, aboard the ascent of individuation, members of the family progressing to recognize each other, joined with associate adjustment in daily schedules, has prompted the event of the home as associate alternate component from the family (Phal et.al 2004: 212, 213). As "the relationship among family and individual history" has slackened late and consequently, the thought of the standard family has been supplanted by the thought of home (Scott, 1997: 595).

2.6 The role of Social Media in alienation with family

The household is characterized as a bigger varies of living arrangements (Lalor et al. 2009: 58). Extended family will be characterized as a group of people living underneath an analogous upside and sharing housing facilities. Amid this examination, this is regularly being researched if new advancements are negatively affecting the correspondence and association between the adolescents and oldsters.

A family is a social foundation that is consequence of shared memories of amicability that square measure made as individuals from the family get the chance to claim a vigorous connection in shared suppers, amusements, and visiting. Communication plays a vital half in maintaining a robust relationship between members of the family for the operating of a family or a household (Mesch, 2006: 123, 124). Lack of interaction also has a great effect on family relations between the members of the family. Therefore, family's sturdy communication is basic to any household and extended family because it "assumes a vital job to keep up a robust relationship between family members" (Smith et al. 2009:80). This paper has portrayed that anyway family foundation includes altered inside the previous decades. Present day society has prompted Associate in nursing adjustment in family dynamics that has led to the increase of the extended family as Associate in nursing alternate part from the extended family. This paper needs to boot talked in regards to the principal unit of the family on board the significance of correspondence and alliance inside this social setting. This investigation advances by analyzing in regards to the outcome that new media propels square measure having on the correspondence and cooperation between people home inside the more distant family. The families with access to knowledge and data innovation have a distinction from those while not them. They take issue in access to the knowledge technologies furthermore as in family dynamics too (Mesch, 2006: 120). New media

advancements have had to be embedded day by day in domestic uses associated square measure presently natural bit of current day life. The innovation of latest advances that's the introduction of internet into the family would possibly possibly modification the essence of close relationships (Mesch, 2006: 119).

Resultantly the advanced and new innovations within the field of media, for instance, mobile games, laptop games web and social media has currently changed into a vital component of children's lives " within the western world, paying very little heed to their access to that or not (Aarsand 2007: 235). Technology is characterized because the arrangement of hardware utilizing behaviour " (Venkatesh et al. 1985: 5) and it's progressed toward turning into the essential a part of standard of living for youngsters" (Plowman et al. 2008: 316). It's quite astounding specifically however inundated new media innovations became during this fashionable society. A study in UK uncovered that kid aged 3 to four years area unit growing up in an atmosphere wherever the homes have a good vary of latest media expertise. Ninety eight of the respondents' children were living in an in all respects family with access to a cell phone and seventy fifth moved toward a TV with entirely unexpected alternatives. The greater part of the children examined moreover have partner way to deal with PCs, play stations, hand-held amusements, workstations and instinctive books (Cultivator et al. 2008: 308).

Technologies have influenced the lifetime of family units in a very scope of different manners by which and has turned into "a reason for future social conduct". The rise of most recent media advances into society has light-producing diode to real social adjustment that has implied that individuals, families and family units have needed to adjust in a very scope of how (Venkatesh and Vitalari 1985: 3). To such partner degree that human collaboration is directly "mediated, if not managed, by obvious or the

versatility of explicit gadgets" (Church et al. 2010: 280). One in everything about most effects that new media innovations have had on the family and its occupants is that the presentation of an advanced partition; wherever families get separated and have less up close and personal discussions.

2.7 Digital Gap

Digital gap is an age hole between those that ace and don't ace machine-controlled innovation. Essentially, propelled hole is "the refinement between the general population United Nations organization comprehend and furthermore the general population United Nations office don't have a clue about an approach to act amid a prepared air." the thought is that the children as customary clients of most recent media innovations develop an a great deal of inside and out and continuously significant information base in a manner to use them from their oldsters and grandparents.

New broadcasting advancements have made new prospects for people inside a clan by upgrading distinctive examples of social collaboration, access to knowledge, furthermore, distribution of time (Venkatesh et al. 1985: 12). The access to technology like PCs and workstations has created the limit between period and family time a lot of penetrable than within the history. Consequently, individuals have the prospect to try to their paid work home. Thus, this builds the time paid along, message and social cooperation among one another. Save for in any case, this could likewise imply that folk's square measure occupied into the solitary universe of knowhow, those anxieties their separate thought. That negatively affects social communication within a clan

and in addition giving individuals the chance for mutual doings inside the home (Mesch, 2006: 124).

This will depend impressively on the kind of automated advances being named. New media advancements might be seen as being "inside" or "outside". Inner social limits energize "social collaboration among individuals from the family" though external social limits advance "communication with people not physically blessing inside the home. In doing inherently, ease time is enlarged which permits individual bigger capacity on anyway their time off is spent. Along these lines this empowers "additional administration over one's life" and amid this implies will grow social cooperation (Venkatesh et al. 1985:9). Moreover, the pc encourages social interaction within the house "when one individual within the family, master" shows another a way to utilize such technology "creating a mutual experience"(Morrison and Krugman 2001:143).

Subsequently, kids use innovation inside the house "for correspondence, self-verbalization, assignments and amusement". In seeing and using innovation on the lines that kids are being prepared "for a real existence inside which innovation has an essential job" (Plowman et.al.2008: 318). Thusly, computerized advancements inside the home not just aides social communication since it might be a strategy that children might be prepared an approach to utilize these advances as they play an important role in their lives (Mesch, 2006). TV is also a main media innovation that impacts the cooperation between members of family. Television projects will turn into a topic of discussion (Morrison and Krugman 2001:145).

The web is about most new developments that have advanced toward changing into submerged inside the family and obviously, bolsters social association between individuals all through the family. The web is Associate in Nursing

"electronic arrangement of systems" that joins individuals and data along "empowering individual to-singular correspondence and data recovery" (DiMaggio et al. 2001: 307). The web is Associate in Nursing open entryway "for the correspondence of family; that gatekeepers and adolescents will play diversions along and collaborate on programming establishment." the web "has turned into a mutual family activity" and it will fortify the family "by moving fluctuated family exercises, for instance, working, learning, and shopping" back to the house (Mesch, 2006: 120).

The internet improves social ties by inserting "clients in additional often contact with families and friends" (DiMaggio et al. 2001: 317). During this manner, the net assumes an important half in social relationships between individuals. the net empowers children to revive and intensify familial relationships by means that of steady contact between the people. It permits people "to reinforce their reference to the additional distant family on the far side their family unit" (Yoon, 2006: 158). the net is during this manner another kind of on-line interaction that improves "offline connections". It will in and of itself by filling "communication gaps between up shut and private meetings" (Wellman et al. 2001:438). The net may be a technique for increasing "communication with relations and closeness to friends" (DiMaggio et al. 2001: 317). However, the recurrence of everyday net use by young people accepts a major job in "the nature of their associations with people and companions. Young people World Health Organization have low net use "would be shrewd involved with family and companions than with those having high net use (Mesch, 2006: 122).

From the existing literature it is obvious that new media innovations will so support and facilitate social interaction among a family, as an example, relatives and friends. In any case, as an obvious distinction to the current, it okay is also to boot been contended that new media technologies are

negatively moving a family communications. This can be a read that sees youth as being innately not an equivalent because the past than in gift day society. Now a day technology driven is so on hype that has caused youth being dangerous (Plowman et al. 2010: 72). There are negative effects that the technology of youth has caused through "TV, PCs and amusements comforts." These suggest to risks that youngsters are inclined to owing to utilizing processed technologies daily. as an example, children's socialization is in danger inferable from widened social confinement as children getting a charge out of without anyone else; their etymology scholarly and innovative vitality are in threat. In addition, their prosperity is underneath threat as adolescents' are speculation widened vitality inside homes, and are in danger of profundity. one among the fundamental disputes is that "open doors for correspondences with family that propels passionate improvement are diminished, and inside the whole deal it impacts antagonistically on the sweeping advancement of youthful adolescents." inside the completion, new media progressions are contrarily moving the social communication among individuals and relatives inside a family (Plowman et al. 2010: 65).

Chapter no. 3

THEORETICAL FRAMEWORK

3.1 Theory of alienation

The hypothesis of distance was given by Karl Marx's in 1844. Marx fights that workers don't control their fates in light of the way that the business person system will when all is said in done have overwhelming effect over the techniques for creation. The outcomes are that specialists are unfit to expand efficiency and yield. They can't get critical social connections from one another. Marx contends that free enterprise has made a framework whereby work exercises are kept to a lot of mechanical and monotonous errands. For these assignments, the laborers are given pitiful wages that are deficient to react to their essential needs and prerequisites.

At long last Marx contended that the laborers were unfit to accomplish self-completion in the entrepreneur condition. This is on the grounds that private enterprise tries to make standards and guidelines that will at last make awful conditions for specialists (Marx, 1844).

3.2 Application of the Alienation theory

Alienation is a complex, yet common condition. It's both psychological and sociological situation. Alienation happens once an individual withdraws or becomes isolated from their society or from others. People who show symptoms of alienation can typically reject dear ones or society. They may additionally show feelings of distance and estrangement, as well as from their

own emotions. They mostly feel distant from their parents and peer groups. Alienation in youth mostly occurs due to involvement in something else other than the existing society. Social media can be seen as a major cause of alienation among youth. Heavy use of the platforms such as Facebook, Snapchat and Instagram isolates the individual from the society. The individual gets connected with many people yet alone. The friends or connections they build on these social networking sites are temporary but they get emotionally involved which creates anxiety among the youth and lead to alienate with its own society. They begin to distrust people and the values they were raised with. They feel isolated from their parents. They get too much involved in these social networking sites that they rarely talk or communicate with their parents but on Facebook or Instagram. They like or comment on their parents photos but don't spend time with their parents or interact.

Chapter no.4

CONCEPTUALIZATION AND OPERATIONALIZATION

4.1 Conceptualization

It is always authoritative for any research in social sciences, to carefully define and thus conceptualize the variables used in it. Therefore, an attempt has been made to define all the relevant variables in an all-inclusive way.

4.1.1 Social Media

Social media relates to the technology and platforms that enable the interactive web's content creation, collaboration and exchange by participants and the public. (Heidi Cohen, 2011: 1)

Social media has a wide variety of interactive web by which people exchange their ideas and creations. It is a huge network connected from one end to the other end of the world.

“Social Media is an assemblage of online spaces accessible to assist people and trades to speed up their info and communication prerequisites.” (Axel Schultze, 2009: 143)

Social media is an online space and a platform where individuals accelerate their businesses and share useful information. It helps people to communicate with one other on these websites.

It's a fusion of sociology and technology, transforming monologue (one to many) into dialog (many to many). (Brian Solis, 2007: 1)

It is the platform where people discover many useful things and share it with their family and friends. People share the news of important events that takes place in their lives. It is an interactive web content that helps people to communicate and understand the world. It helps individuals in the expansion of their businesses and creates a worldwide network of communication.

4.1.2 Alienation

A withdrawing or separation of a person or a person's affections from an object or position of former attachment. (S. L. Halleck, 1967: 90-113)

When an individual feels separated or separates one's self from the values of its society and family. Creating isolation with the cultural values and setting of the society.

It is the isolation of an individual from the naturally belonging parts of one's life. The separation from the values of one's culture, society and community

4.2 OPERATIONALIZATION

After thoroughly defining and conceptualizing the variables, now it will be further preceded for the researchable construction.

4.2.1 Social Media

“Social Media is an assemblage of online spaces accessible to assist people and trades to speed up their info and communication prerequisites.” (Axel Schultze, 2009: 143). Nowadays social media is used widely all over the world particularly youngsters and adults. Social media plays an important role being in our lives. People from all over the world communicate and interact with each other on daily basis i.e. friends, family, colleagues and also strangers.

4.2.2 Alienation

Alienation is the estrangement of people from parts of their species-essence as a consequence of living in a society of stratified social classes. In Quaid-i-Azam University the admissions are given on quota based system. Students from all over the country are offered to study different subjects. When an individual enters into such an ethnically diversified university he/she feels alienated due to the stratification of various ethnicities. Students found it difficult to adjust between various ethnicities and thus estrange its self as a result. They start using social media as a tool to interact and lose their

interactive skills and estrange themselves likewise with their families due to the undue involvement in social media.

Chapter no.5

RESEARCH METHODOLOGY

The research methodology is the systematic knowledge of “Logic in use” of the ways, procedures and techniques to have enough knowledge about the topic which the researcher is going to study. The nature of the research methodology revolves around the essential processes consisting of the changeable directions in which the information can be move by the scientists in order to yield, establish and amplify the knowledge.

5.1. Universe

The selection and the plan of the population is an important step. The universe of the present study was Quaid-i-Azam University Islamabad. The focus of the study regarding the universe was to take data from the university students.

5.2. Unit of Analysis

Unit of analysis refers to the specific or target people who are under study. In the present study, the researcher focused on the university students. Respondents were the students from BS, MSc, MPhil and Ph.D. between the ages of 19-26.

5.3 / Sampling Technique

In the present study the researcher used simple random sampling technique. In which the members of the sample are selected randomly and purely by chance.

5.4. Sampling Size

The researcher selected 1% of the population of university which is 12000. The sampling size of the study was 120 in which questionnaire was filled by both the male and female students which were enrolled in different universities.

5.5. Tools for data collection

In this study, the researcher used structured questionnaire for conducting the study. There were three sections of the questionnaire, first was the demographic profile of the respondents and last section comprises the questions on alienation.

5.6. Techniques for data collection

The researcher visited field and filled up the questionnaires. The respondents willing filled the questionnaires and appreciated the topic of research.

5.7. Pretesting

Pre-testing is a tool which a researcher uses to check the combination and validity of questions. This step is taken before going to the field for betterment

of the workability of tool. In this research the researcher used 10 questionnaires for pretesting in order to get the clarification on the structure of questions and mold them according to the response.

5.8. Tools for Data Analysis

After conducting research; data collected through interview schedule was analyzed by SPSS.

5.9. Techniques for Data Analysis

Chi-square test is used to check the association of the variables and frequency of all the data were observed. Collected data was entered into the computer and analyzed through Statistical Package and the conclusion was drawn.

5.10. Opportunities and limitations of the study

In the present research the researcher got to know the behaviour of the students regarding social media and their family. The limitations were the authentication of the answers given by the students due to their busy routine.

5.11. Ethical Concerns

Observing ethical standard in research work is compulsory. The researcher kept confidentiality regarding personal information of the respondents. The feedback given by the respondents remained confidential with the researcher. The researcher successfully created a friendly environment with respondents in order to get unbiased.

Chapter no.6

RESULTS

6.1 Descriptive statistics

Descriptive statistics is the presentation of quantitative data which helps to sum up the data set in a meaningful way. Descriptive statistics gives a representation of a sample of population either through tables, graphs or numerical calculations (Laerd statistics: 2018).

Table No.6.1.1 Respondents age group

Age of the respondents	Frequency	Percent
18-20	30	25
21-25	79	65.8
26-32	11	9.2
Total	120	100

Table no 6.1.1 shows the age of the respondents in university. 25% falls in the category of students from 18-20 years of age, 65.8% falls in the category of students from 21-25 years of age and 9.2% falls in the category of students from 26-32 years of age. The majority of the age group falls in 21-25 years of age.

Table No.6.1.2 Gender

Gender	Frequency	Percent
Male	82	68.3
Female	38	31.7
Total	120	100.0

Table no 6.1.2 shows the gender of the respondents. 68.3 of the respondents are male students and 31.7% are female students. The majority of the respondents are male students.

Table no.6.1.3 Qualification of the Respondents

Education	Frequency	Percent
Graduation	67	55.9
Masters	38	31.7
M.Phil.	11	9.2
Ph.D.	4	3.3
Total	120	100.0

Table 6.1.3 shows the qualification of the students. 55.9% are in Graduation, 31.7 are in masters, 9.2% are in MPhil and 3.3% are in Ph.D. students. The majority of the respondents are in Graduation.

Table no. 6.1.4 Marital Status of the students

Marital Status	Frequency	Percent
Married	6	5.0
Unmarried	105	87.5
Engaged	9	7.5
Total	120	100.0

Table no 6.1.4 shows the marital status of the students. 5% students are married, 87.5 are unmarried and 7.5 are engaged. The majority of the sample is unmarried.

Table no.6.1.6 Family type of the Respondents

Family Pattern	Frequency	Percent
Nuclear	43	35.8
Joint	70	58.4
Extended	7	5.8
Total	120	100.0

Table no 6.1.5 shows the family type of the respondents. 35.8% of the sample lives in a nuclear family, 58.4% lives in a joint family and 5.8% lives in an extended family system. Majority of the sample lives in a joint family system.

Table no. 6.1.6 Social Status of the respondents

Social status	Frequency	Percent
Employed	7	5.8
Unemployed/Dependent	113	94.2
Total	120	100.0

Table no.6.1.6 shows the social status of the respondents. 5.8% of the respondents are employed while 94.2% are unemployed and dependent. The majority of the respondents are unemployed and dependent on their families.

Table No.6.1.7 Family Income of the Respondents

Family income (monthly)	Frequency	Percent
less than 50,000	33	27.5
50,000-100,000	53	44.2
100,001 and above	34	28.3
Total	120	100.0

Table no.6.1.8 shows the family income of the respondents. 27.5% of the respondents have less than 50,000 monthly income, 44.2% have 50,001-100,000 monthly family income and 28.3 have monthly family income of more than 100,001 and above. Majority of the respondent's family income (monthly) is 50,001-100,000.

Table No.6.1.8 Department of the Respondents

Department	Frequency	Percent
social sciences	65	54.2
natural sciences	27	22.5
biological sciences	28	23.3
Total	120	100.0

Table no.6.1.8 shows the department in which the respondents study. 54.2% of the population studies in the social sciences department, 22.5% of the population studies in natural sciences department and 23.3 of the respondents study in the biological sciences department. Majority of the respondents studies in the social sciences department.

subscription	Frequency	Percent
Facebook	16	13.3
Twitter	4	3.3
Instagram	5	4.2
WhatsApp	47	39.2
All of above and more	48	40.0
Total	120	100.0

Table no.6.1.10 shows the social media accounts respondents have subscribed. 13.3% of the respondents subscribe to facebook, 3.3% subscribe twitter, and 4.2% subscribe Instagram. 39.2% subscribe WhatsApp and 40% of the respondents subscribe to all of these social media sites and also subscribe to more sites. Majority of the sample subscribes to all the social media sites and amore than given sites.

Table No.6.1.11 Social media usage

How many times a day you look at social media?	Frequency	Percent
not every day	9	7.5
once a day	2	1.7
2-5 times a day	29	24.2
5-10 times a day	42	35.0
10 + times a day	38	31.7
Total	120	100.0

Table no 6.1.11 shows the respondent's use of social networking sites. It shows that 7.5% of the sample not everyday use social media, 1.7% looks social media sites once a day, 24.2% looks 2-5 times a day, 35% looks 5-10 times a day and 31% looks social media more than 10 times a day. This shows that most of the students look social networking sites 5-10 times a day.

Table No.6.1.12 Social media time span

Time spend on social media every day?	Frequency	Percent
less than 30 minutes	8	6.7
30-60 minutes	23	19.2
1-2 hours	21	17.5
2-3 hours	39	32.5
3 hours	29	24.2
Total	120	100.0

Table no 6.1.12 shows the time span respondent spend on social media. 6.7% of the people spend less than 30 minutes on social media, 19.2% spend 30-60 minutes.

Table No.6.1.13 posting

	Frequency	Percent
never	21	17.5
every few months	35	29.2
every few weeks	29	24.2
weekly	12	10.0
daily	17	14.2
multiple times a day	6	5.0
Total	120	100.0

Table no 6.1.13 shows the respondents' frequency of posting on social networking sites. 17.5% of the sample never posted on social media, 29.2% posts every few months, 24.2% posts every few weeks, 10% posts weekly, 14.2% posts daily and 5% posts multiple times in a day. The sample shows that most of the respondents' posts every few months or few weeks.

Table No.6.1.14 Social media usage purpose

What do you use social media for?	Frequency	Percent
To stay updated about friends and family	65	54.2
event planning	3	2.5
news	29	24.2
employment	6	5.0
to browse	7	5.8
other	10	8.3
Total	120	100.0

Table no.6.1.14 shows the purpose of respondent's use of social media. 54.2% of the respondents use social media to stay in touch with family. 2.5% use for event planning, 24.25 use for news, 5% use to find employment, 5.8% use to browse and 8.3% use for other purposes. The result shows that 54.2% of the respondents use social media for keeping in touch with family and friends.

Table no.6.1.15 Discussion on social media

What issues do you mostly discuss on your social media platforms?	Frequency	Percent
politics	23	19.2
entertainment	52	43.3
governance	13	10.8
economics	5	4.2
sports	5	4.2
others	22	18.3
Total	120	100.0

Table no.6.1.15 shows the issues respondent mostly discusses on social media platforms. 19.2% of the respondents mostly discuss politics, 43.3% discuss entertainment, 10.8% discuss governance, 4.2% discuss economics, 4.2% discuss sports and 18.3% discuss other topics. The sample shows that majority of the students discuss entertainment on social media.

Table No 6.1.16 Social media addiction

Do you consider yourself addicted to social media?	Frequency	Percent
yes	62	51.7
no	58	48.3
Total	120	100.0

Table 6.1.16 shows respondent's addiction towards social media. 51.7% consider themselves addicted to social media and 48.3% consider themselves not addicted to social media. The sample shows that majority of the students consider themselves addicted to social media.

Table no.6.1.17 Staying Online longer than intended

Do you stay online longer than intended?	Frequency	Percent
never	5	4.2

rarely	30	25.0
occasionally	19	15.8
frequently	27	22.5
often	23	19.2
always	16	13.3
Total	120	100.0

Table no.6.1.17 shows that how longer respondent stay online longer than intended. 4.2 % of the respondents never stayed online longer than intended, 25% rarely stayed online longer than intended, 15% occasionally stayed online longer than intended, 25.5% frequently stayed online longer than intended, 19.2% often stayed online longer than intended and 13.3% always stays online more than the want to. The sample shows that most of the students rarely stayed online longer than intended.

Table No.6.1.18 Forming new relationships online

Forming a new relationship online	Frequency	Percent
never	14	11.7
rarely	62	51.7
occasionally	18	15.0
frequently	8	6.7
often	14	11.7
always	4	3.3
Total	120	100.0

Table no.6.1.18 shows that how often the respondent form relationships online. 11.7% of the respondents never form new relationships online, 51.7% rarely form, 15% occasionally form, 6.7% frequently form, 11.7% often form and 3.3% of the sample always forms new relationships online. The sample shows that majority of the respondents rarely form new relationships online.

Table no.6.1.19 Others complaining on being online

Others complaining on being online	Frequency	Percent
never	20	16.7
rarely	50	41.7

occasionally	8	6.7
frequently	9	7.5
often	23	19.2
always	10	8.3
Total	120	100.0

Table no.6.1.19 shows that how often others complain to respondent on the amount of time spend online on social media. 16.7% never complained, 41.7% rarely complained, 6.7% occasionally complained, 7.5% frequently complained, 19.2% often complained and 8.3% always get complained by others by time they spend on social media. The sample shows that majority rarely gets complained by others.

Table No.6.1.20 checking social media

Checking social media accounts before doing anything	Frequency	Percent
never	4	3.3
rarely	23	19.2
occasionally	21	17.5
frequently	28	23.3
often	21	17.5
always	23	19.2
Total	120	100.0

Table no 6.1.20 shows that how often respondent check social media before something else that he/she needs to do. 3.3% never checks, 19.2% rarely checks, 17.5% occasionally checks, 23.3% frequently checks, 17.5% often checks and 19.2% always see their accounts before doing something else. The sample shows that most of the students regularly check their accounts before doing something else.

Table No.6.1.21 Fear of boring life without internet

Fear of life without internet	Frequency	Percent
never	8	6.7
rarely	30	25.0

occasionally	19	15.8
frequently	17	14.2
often	22	18.3
always	24	20.0
Total	120	100.0

Table no.6.1.21 shows that how often the respondent fears of being without internet i.e. empty, boring and joyless. 6.7 % never fears, 25% rarely fears, 15.8% occasionally, 14.2% frequently fears,18.3% often fears and 20% always fear. The sample shows that majority of the respondents rarely have a fear of life without internet.

Table No.6.1.22 Losing sleep

Losing sleep due to social media use	Frequency	Percent
never	8	6.7
rarely	41	34.2
occasionally	26	21.7
frequently	14	11.7
often	14	11.7
always	17	14.2
Total	120	100.0

Table no.6.1.22 shows that whether respondent loses sleep because of late night use of social media. 6.7% never lose sleep,34.2% rarely lose sleep,21.7% occasionally lose sleep, 11.7 frequently lose sleep, 11.7% often lose sleep and 14.2% always lose sleep because of late-night use of social media. The sample shows that respondents rarely lose sleep because of late-night use of social media.

Table No.6.1.23 Cutting the amount of time

Cutting the time spent on internet and failing	Frequency	Percent
never	9	7.5
rarely	32	26.7

occasionally	27	22.5
frequently	14	11.7
often	26	21.7
always	12	10.0
Total	120	100.0

Table no 6.1.23 shows that how often respondent tries cutting the time spent on social media and fail. 7.5% never fails, 26.7% rarely fails, and 22.5% occasionally fails, 11.7% frequently fails, 21.7% often fails and 10% always fails.

Table no.6.1.24 Prefer social media

Choosing social media over going out	Frequency	Percent
never	12	10.0
rarely	37	30.8
occasionally	15	12.5
frequently	22	18.3
often	19	15.8
always	14	11.7
Total	120	100.0

Table no.6.1.24 shows that how often respondent choose social media over going out. 10% of the respondents never choose to spend more time online over going out with others, 30.8% rarely choose social media over going out, 12.5% occasionally choose social media over going out, 18.3% frequently choose social media over going out, 15.8% often choose social media over going out and 11.7% always choose social media over going out with others. The sample shows that the majority of the respondents rarely choose social media over going out with friends.

Table no.6.1.25 Feeling depressed when offline

Feelings of depression and moody when offline	Frequency	Percent
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never	11	9.2
rarely	41	34.2
occasionally	22	18.3
frequently	14	11.7
often	19	15.8
always	13	10.8
Total	120	100.0

Table no.6.1.25 shows how often respondent feel depressed, moody or nervous when offline. 9.2% of the respondents never like that felt , 34.2% rarely feels like that, 18.3% occasionally feel like that , 11.7% frequently feel depressed, moody or nervous, 15.8% often feels like that and 10.8% always feel like that. The sample shows that majority of the respondents rarely feel moody or nervous when they are offline.

Table no 6.1.26 To forget personal problems

Do you use it to forget about personal problems?	Frequency	Percent
never	14	11.7
rarely	38	31.7
occasionally	21	17.5
frequently	16	13.3
often	14	11.7
always	17	14.2
Total	120	100.0

Table no 6.1.26 shows that whether the respondent use social media to forget social problems. 11.7% never use social media 31.7% rarely, 17.5% occasionally, 13.3% frequently, 11.7% oftenly use it to forget about personal problems and 14.2% always use it to forget about personal problems.

Table no 6.1.27 Restless or troubled when offline

Restless or troubled	Frequency	Percent
never	13	10.8

rarely	37	30.8
occasionally	26	21.7
frequently	14	11.7
often	18	15.0
always	12	10.0
Total	120	100.0

Table no 6.1.27 shows that whether the respondent become uneasy, 10.8% never become restless or troubled, 30.8% rarely become restless or troubled, 21.7% occasionally become restless or troubled, 11.7% frequently become restless or troubled, 15%often become restless or troubled and 10% always become uneasy.

Table No.6.1.28 Negative impact of social media

Negative effect on family relations?	Frequency	Percent
yes	70	58.3
no	40	33.3
don't know	10	8.3
Total	120	100.0

Table no.6.1.28 shows the negative effect of internet-based life on family relations. 58.3% thinks that social networking sites is creating negative impact on family relations, 33.3% thinks it doesn't impact and 8.3% of the respondents don't know if social media is creating negative impact on family relations. The sample shows that majority of the respondents agrees that social media is creating negative impact on family relations.

Table No.6.1.29 Social media effect on communication

Web based life affecting family correspondence	Frequency	Percent
yes	82	68.3

no	34	28.3
don't know	4	3.3
Total	120	100.0

Table no 6.1.29 shows that how social media have an effect on the communication between family members. 68.3% agrees that social media is affecting the communication between family members, 28.3% disagrees that social media is affecting the communication between family members and 3.3% don't know about that. The result shows that the majority of the students think that social network is affecting the communication between family members.

Table No.6.1.30 less interest in family

Excessive usage loses interest in spending time with family members?	Frequency	Percent
yes	94	78.3
no	22	18.3
don't know	4	3.3
Total	120	100.0

Table no 6.1.30 shows that whether the excessive usage of web networks loses interest in spending time with family. 78.3% agrees that extreme habit of social media loses interest in spending time with family members, 18.3% thinks that unnecessary practice of social media does not loses interest in spending time with family members and the rest 3.35 don't know that excessive use of social network loses attention in spending time with family members.

Table No.6.1.31 weak bond of family members

Social media weakens bond with the family members	Frequency	Percent
yes	78	65.0
no	32	26.7

don't know	10	8.3
Total	120	100.0

Table no.6.1.31 shows that whether spending time via web-based networking media weaken the bond with family member. 65% of the students think that spending time on social media weakens the bond with the family members, 26.7% thinks that spending time via web-based networking media does not weaken the bond with the family members and the rest 8.3% don't know that spending time on social media weaken the bond with the family members. The sample shows that most of the students think that spending time on social media weakens your bond with the family members.

6.2. Inferential Statistics

Time spent on social media per day * social media weakens bond with the family members.

We applied cross tabulation to see how social media is alienating students from their family.

Time spend on social media per day?	Does spending time weaken your bond with the family members?			Total
	Yes	No	Don't know	
less than 30 minutes	6	0	2	8
30-60 minutes	11	10	2	23
1-2 hours	16	1	4	21
2-3 hours	29	9	1	39
3 hours	16	12	1	29
Total	78	32	10	120

According to the table given above, it is found that 78/120 people agrees that spending time on social media is weakening the bond with family members. The result shows that majority of the people agrees that spending time on social media weakens the bond with family members.

Chapter No.7
DISCUSSION, CONCLUSION AND SUGGESTION

7.1 DISCUSSION

Social media has emerged to be one of the powerful sources of communication in this modern era. Social media has become an integral part in human's life. Nowadays social media is used all over the world particularly youngsters. Social media plays an important role being in our lives. People from all over the world communicate and interact with each other on daily basis i.e. friends, family, colleagues and also strangers. People are addicted to social media that affects their life in different manners.

The present study focuses on how social media alienate students from their family in Quaid-i-Azam University Islamabad. The study was focused on the students and their attitude towards the use of social media. This creates a communication gap and weakens the bond that alienates them from their family.

The study shows the attitude of students towards the usage of social media. 40% of the students in the sample subscribes to all the social media sites and more than given sites. This shows the interest of students in social networking sites. 35% of the respondents' looks social media 5-10 times a day while 31.7% looks social media more than 10 times a day. This shows the amount of time student spend on social media. 29.2% of the respondents posts every few months on social media and 24.2 posts every few weeks on social media. This shows that majority of the respondents post every few weeks and months. 54.2% of the students use social media for staying in touch with family and friends. 43.3% of the respondents discuss entertainment on social media and 19.2% of the respondents discuss politics. This shows that majority of the respondents discuss entertainment and politics on social media platforms.

51.7% of the respondents consider themselves addicted to social media and 48.3% of the respondents do not consider themselves addicted to social

media. This shows that most of the respondents consider themselves addicted to social media. Social media usage is turning out to be an addiction among the students that affects their studies and relationships. 23.3% of the respondents check frequently their social media accounts before something else that you need to do, 19.2% always check and 17.5% often see their accounts before doing anything. This shows that the respondents check their social media accounts frequently before anything else. 25% of the respondents rarely have any fear of life without internet being boring and joyless while 20% always fears of life without internet and 18% often fear of life without internet. This shows that without social media the life is empty. 31.7% of students rarely use internet to forget about personal problems and People don't find social media a solution to their personal problems. The sample also shows the sleep pattern that is affected due to social media. 34.2% of the respondents rarely lose sleep, 21.7 occasionally lose sleep and 14.2% always lose sleep due to late-night usage of internet. This shows the effect of late-night internet on the sleeping patterns of the students. This shows that the respondents often and frequently try to cut the time they pass online and fail. This shows their deep involvement in the social media. The sample also shows that 30.8% rarely choose to choose social media over going out and 11.7% always choose social media over going out. This shows that the respondents prefer going out with others than being online. Social media is becoming an addiction among the youth that affects their relationships with their family, friends and peers. The present study shows that 58.3% thinks think that social media is creating negative impact on family relations. 68.3% of the students think that internet is affecting the communication between family members. Because of the more involvement in social media the family members also communicate on social media for example they appreciate each other's achievement on social media, like

photos on internet and even chat on these networking sites, which have created a gap in person to person communication and understanding among the family members. 78.3% of the respondents agree that because of the excessive use of internet they lose concentration in spending time with family members that creates distance in their relationships. 65% of the respondents also agree to the fact that spending time on social media weakens their bond with the family members. Due to the weakened bond the communication is also weak that creates distance in relationships. The use of social media is alienating them from their family members, friends and peers also.

7.2 CONCLUSION

Social media has assumed central roles in our daily lives. The media has shown possibly significant impacts, both positive and negative; on social and behavioral development of individuals. The impact of social media has been observed to be broad and potentially harmful in influencing the relationship in family. Time spent with social media decreases the amount of time available for family that weakens the bond between the people of family.

Mostly the students of Quaid-i-Azam University come to study from far flung places of Pakistan leaving their family behind. Their involvement in social media after entering into the university gets higher due to studies and assignment based chat groups. Later this involvement gets intense and they spend more time on internet than communicating with family and friends. Their excessive usage of internet weakens the bond with their family members and when they go back to their families they lack the understanding level with their family members and have a communication gap in between.

The findings show that there is a significant relation in spending time on social media and weak bond with the family members. The respondents agreed to the fact that spending time on social media is affecting their

relationships. The essence of these relationships is gone due to lack of communication. Excessive use of social media loses interest in spending more time with family and the beautiful bond of family gets weak. Social media in youth is turning out to be an addiction that not only affects their mental health but mainly affects their healthy relationships. Social media alienates students from their families due to excessive use.

7.3 SUGGESTIONS

The finding that higher the use of social media higher will be the alienation from family proves that and a genuine endeavor will have to be made to curb the utilization of social media. This will require well planned efforts by heads of the families and parents to convince the children to make less utilization of social media.

1. Alternative plans to replace the time spent on social media towards the family functions and gatherings like joint trips to places nearby all family members, arranging family gatherings and functions and also keeping close attention especially on adults.
2. Keeping check on the children on their usage of social networking sites by elders and head of family members in order to maintain a balance in both family and social life. This will help in maintaining the bond between the family members.
3. Parents should plan trips with their children more frequently to spend more time together and exchange different thoughts that will help them understand and communicate effectively.

Since family and nature of family decides the quality of life of a nation it is important to see that forces influencing the fiber of society must be observed intently by the social researcher.

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ANNEXURE

Mansoor Ahmed

This research is being carried out for the partial fulfillment of M.Sc. degree in the department of Sociology, Quaid-i-Azam University, Islamabad on the topic “Does Social Media alienate students from their family, Evidences from Quaid-i-Azam University, Islamabad”. The data collected will be used only for academic purposes, and will be highly appreciable for making this research valuable.

Demographic profile of the Respondent

Q	Title	Category
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1	Name									
2	Age									
3	Gender	Male	Female	Other						
4	Education	Middle	Matric	Intermediate	Graduation	Masters	M.Phil	Ph.D.		
5	Marital status	Married	Unmarried	Engaged	Widowed	Divorced				
6	Family pattern	Nuclear	Joint	Extended						
7	Ethnic group	Muhajir	Sindhi	Balochi	Punjabi	Pakhtun	Gilgiti	Kashmiri	Chitrali	Saraiki
8	Language	Urdu	Sindhi	Balochi	Punjabi	Pashto	Gilgiti	Kashmiri	Chitrali	Saraiki
9	Social status	Employed	Unemployed	Dependent			Other			
10	Family income	Less than 50,000		50,001-100,000			100,001 and above			
11	Department									

USE OF SOCIAL MEDIA AMONG YOUTH

12. How many social media sites do you have accounts with?

13. Which of the following social media sites have you subscribed to?

a. Skype b. Facebook c. Twitter d. Instagram e. WhatsApp f. all of above and other

14. How many times a day you look at social media?

a. Not every day b. Once a day c. 2-5 times a day d. 5-10 times a day e. 10 + times a da

15. How much time do you spend on social media per day?

- a. Less than 30 minutes b. 30-60 minutes c. 1- 2 hours d. 2-3 hours
e. 3 hours

16. How often do you post on social media?

- a. Never b. Every few months c. Every few weeks d. Weekly e. Daily
f. Multiple times a day

17. What do you use social media for?

- a. Keeping in touch with friends and family b. Event planning
c. News d. To find employment e. To browse
f. other

18. What issues do you mostly discuss on your social media platforms?

- a. Politics b. Entertainment c. Governance d. Economics
e. Sports f. Other

19. Do you consider yourself addicted to social media?

- a. Yes No

20. Do you check social media before you get out of bed?

- a. Yes b. No

21. Is checking social media the last thing you do before going to bed?

- a. Yes No

Q.No.2 Tick mark the relevant answer from table below:

S.no	Questions	Always	Often	Frequently	Occasionally	Rarely	Never
22	How often do you find that you stay online longer than you intended?						
23	How often do you						

	form new relationships with fellow online users?						
24	How often do others in your life complain to you about the amount of time you spend online?						
25	How often do you check your social media account(s) before something else that you need to do?						
26	How often do you block out disturbing thoughts about your life with soothing thoughts of the Internet?						

27	How often do you fear that life without the Internet would be boring, empty, and joyless?						
28	How often do you lose sleep due to late-night social media use?						
29	How often do you find yourself saying "just a few more minutes" when online?						
30	How often do you try to cut down the amount of time you spend Online and fail?						
31	How often do you choose to spend more time online over going out						

	with others?						
32	How often do you feel depressed, moody or nervous when you are offline, which goes away once you are back online?						
33	Do you spend a lot of time, when you're not online, thinking about social media or planning to use it?						
34	Do you use it to forget about personal problems?						

35	Do you become restless or troubled if you are unable to use social media?						
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ALIENATION WITH FAMILY DUE TO SOCIAL MEDIA

37. Do you think that social media is creating negative impact on family relations?

- a. Yes b. No c. don't know

38. Do you think that social media is affecting the communication between family members?

- a. Yes b. No c. don't know

39. Do you think Excessive use of social media loses interest in spending time with family members?

- a. Yes b. No c. don't know

40. Does spending more time on social media weaken your bond with the family members?

- a. Yes b. No c. don't know

THE ROLE OF SOCIAL MEDIA IN ALIENATING STUDENTS FROM THEIR FAMILY. EVIDENCES FROM QUAID-I-AZAM UNIVERSITY, ISLAMABAD

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