

Relationship of social media addiction with social interactions and feeling of empathy in nursing students

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ABSTRACT

Introduction: The rapid advancement of technology has develop it difficult for students to avoid the use of social media. While social media offers numerous advantages that support daily life, it also brings both positive and negative consequences. One of the negative impacts is a decline in social interaction and reduced empathy among users. **Objective:** This research intends to explore the association between social media addiction, social interaction, and empathy levels. **Methods:** This research employed a cross-sectional design. A total of 170 nursing students were selected through simple random sampling. The independent variable was social media addiction, while the dependent variables were social interaction and empathy. Data were gathered using questionnaires and analyzed with the Spearman rho test, applying a significance level of $\alpha < 0.05$. The design in this study used cross-sectional. **Result:** The findings indicate a significant relationship between social media addiction and social interaction ($p = 0.003$), as well as between social media addiction and empathy ($p = 0.019$). **Conclusion:** The study concludes that excessive social media use can negatively influence social interactions and empathy. Other factors may also contribute to diminished social engagement and sensitivity. Further research is encouraged to identify additional causes behind the decline in social interactions and empathetic behavior.

KEYWORDS: Empathy; Social Interaction; Social Media Addiction

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INTRODUCTION

The phenomenon of social media addiction is a condition that can interfere with someone's obsession so that it encourages a sense of using technology excessively (Moretta et al., 2022). Social media serves as a "virtual space" where individuals can exchange information and interact with others freely, without being limited by factors such as cost, geographical distance, or time (Tsay-Vogel et al., 2018). The convenience obtained from social media is another side that can harm users and those around them (Moyle et al., 2019). Adolescence represents a transitional phase between childhood and adulthood, marked by significant shifts in both behavior and attitudes (Petersen et al., 2017; Valdez et al., 2018). Social media communication is one of the behavioural changes experienced by the development of the internet (Abbas et al., 2019). Every aspect of a teenager's life can be documented on social media, making teenagers more likely to spend their time connecting in cyberspace and exploring digital communication platform (Barry et al., 2017). Furthermore, social media addiction may contribute to heightened anxiety,

including feelings of apprehension and fear when meeting and communicating with others, potentially resulting in increased reliance on social media (Calancie et al., 2017).

The rate of social media addiction continues to rise over time (Pan et al., 2020). A survey reported that social media users in Indonesia increased by 12,35% from the previous year, reaching approximately 191 million individuals in 2022 (Mahdi, 2022). Additionally, around 130 million people, or about 48% of the population, accessed social media via mobile devices. The rise in social media usage is particularly driven by vulnerable age groups, notably individuals aged 16 to 24 years, who devote a mean of 3 to 5 hours on a daily basis engaging on social media platforms (Kuss & Griffiths, 2017). The younger population is a higher use of social media (Craig et al., 2020). People addicted to the internet, or social media spend more than 5 hours daily (Simsek et al., 2019).

Students who experience challenges in communicating with their peers may encounter difficulties in adapting to peer relationships (Foster, et al., 2017). Good interpersonal communication with peers, a social adjustment in adolescents, and internet usage will be provided to establish social interactions without meeting face to face to share information between individuals (Dwyer et al., 2018). The negative impact of using social media is causing addiction, reducing face-to-face interactions and causing conflict (Akram & Kumar, 2017; Valenzuela et al., 2017; Vogel & Rose, 2017).

Bad interaction or communication process causes apathy when there is a conflict or difference in opinion with each other (Barber, 2021; Yohanna, 2020). Social media addiction also results in decreased social skills, including empathy and respect for others (Errasti et al., 2017; Martínez et al., 2020). Empathy is an attitude of understanding and feeling what others are experiencing so that it can form a positive character (Fuochi et al., 2018). This research sought to examine the connection between social media addiction, social interaction, and empathy among students in the faculty of nursing.

METHODS

Design

The research employed a cross-sectional research design.

Research Questions

Is there a correlation between social media addiction, social interaction, and sense of empathy in nursing faculty students?

Sample and setting

Samples were obtained using random sampling among 170 nursing students

Variables

In this research, social media addiction serves as the independent variable, whereas social interaction and empathy are the dependent variables.

Instrument

Data collection techniques were carried out using a social media addiction to measure the level of social media addiction, a social interaction questionnaire to measure interaction, and an empathy questionnaire to measure empathy in respondents.

Data Collections

The data collection process was conducted on 30 July-3 June 2020 with respondents from the Nursing students, Universitas Airlangga.

Data Analysis

Data analysis used SPSS 25.0 for windows and tested Spearman rho, with a significant level of 0.05.

Ethical Consideration

This study has been evaluated and confirmed approved by the Health Research Ethics Committee, confirming that the research protocol meets ethical standards..

RESULT

Tabel 1 Explains the distribution of respondents based on characteristics

No	Demographic characteristic of respondents	F	%
	Age		
1	18 years	31	18,2
	19 years	84	49,4
	20 years	55	32,4
	Total	170	100
	Semester		
2	2	111	65,3
	4	59	34,7
	Total	170	100
	Gender		
3	Man	18	10,6
	Woman	152	89,4
	Total	170	100
	Have social media		
3	Yes	170	100
	No	0	0
	Total	170	100
	Social media used		
4	1 Application	1	6
	2 Application	1	6
	3 Application	12	7,1
	4 Application	41	24,1
	5 Application	58	34,1
	6 Application	42	24,7
	7 Application	12	7,1
	>8 Application	3	1,8
Total	170	100	

Table 1 outlines the characteristics of nursing students in this study, the majority are 19 years old (49.4%), currently 2nd semester students

(65.3%), female gender (89.4%), 100% have social media where the most there are 5 applications (34.1%).

Table 2 Relationship of Social Media Addiction with Social Interaction and Empathy

	Social media addiction				Spearman Rho
	Low		Hight		
	N	%	n	%	
Social Interaction					p =
Low	54	31.8	38	22.4	0.003
Hight	28	16.5	50	29.4	r = 0.227
Empathy					p =
Low	59	34.7	48	28.2	0.019
Hight	23	13.5	40	23.5	r = 0.180

Table 2 shows a relationship between social media addiction and social interaction among nursing students at Airlangga University with a result of $p=0.003$, which means a relationship exists. The correlation between social media addiction and empathy with $p=0.019$ implies a correlation between the two variables.

DISCUSSION

Significant intensity of social media addiction can lead to decreased social interactions (Liu & Ma, 2018). Social media also does not harm users who can regulate or control the use of social media (Coyne et al., 2019). Social media positively makes it easier for people to connect with those around them even though they are constained by geographical distance and time limitations(Anderson & Jiang, 2018). Using social media also makes interactions more efficient (Akram & Kumar, 2017). However, using of social media as a method of social interaction must be regulated appropriately so as not to overdo it too much (Longstreet & Brooks, 2017). This effort is made to avoid social media addiction. Adverse effects of social media addiction can cause individual attitude changes(Pontes, 2017). This personal attitude is supported by a selfish nature that causes users to ignore interactions and communication with people around them compared to virtual friends (Hou et al., 2019). Individuals who experience excessive social media addiction will experience a significant decrease in communicating face-to-face with people around them (Nursalam et al., 2023).

Social media addiction is not the main factor affecting respondents' decreased empathy. There is a linear relationship between the use of social media and empathy (Blakemore & Agllias, 2020). Empathy, expressed through perspective-taking and emotional concern, generally manifests as kindness, both in actions and appropriate behavior that can adapt to the surrounding environment. (Albashrawi et al., 2021). In this case, empathy is shown in behaviours that enable him to adapt to the conditions experienced by others (Herrera et al., 2018). The states in question follow their environment, such as what happens to their peers. Individuals will understand and understand better so that a sense of empathy arises in individuals. Social

media users' addiction to empathy is due to a mismatch between the respondent and the surrounding environment, causing a decreased level of empathy (Wagaman et al., 2018). Factors that can affect a person's empathy, namely factors that make teenagers able to imagine being a subject, educational elements, and adolescent relationship factors with issues (Vyatkin et al., 2020).

The practice of using social media in adolescents can have a positive or negative impact. Positively, social media can contribute to expanding relationships and providing and obtaining helpful information through existing social media features so that this can be presented as a means to do good and adjust to socializing (Abbas et al., 2019). In contrast, social networking sites can negatively make someone cheat (Sparavec et al., 2022). Other people, fighting, bullying and so on. Teenagers must choose and sort out the use of social media so that use social media can have a positive impact on individuals.

Strengths and Limitations

This research explores both the beneficial and detrimental effects of social media use, providing a comprehensive and objective analysis. The points are well-supported by relevant and recent studies, adding credibility and academic value. It links social media use to psychological aspects like empathy, addiction, and face-to-face communication decline, which makes the discussion nuanced and insightful. This research only explains the correlation between social media addiction and social interaction and empathy in students, but there are other factors that can influence social interaction and empathy in students that are not explained.

Implications for Practice

Implications for practice are expected to start paying special attention to the issue of social media addiction and provide health education through counseling and seminars regarding the consequence of excessive use of social media.

CONCLUSION

Some respondents who experience social media addiction also have good social interactions. Based on the study's results, it can be determined that there is a relationship between social media addiction and empathy. Excessive social media use will have a harmful influence effect if the user is not controlled so that it can interfere with individual activities and make users forget the surrounding environment. So this shows that other factors can affect the decrease in empathy in late teens.

Conflict of Interest Statement

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