The Effect of Using Social Networks on Self-Compassion and Hope Among University Students

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Abstract

Social Network is widely used in many university students, which few studies have explored the effect of social network on self-compassion and the hope of the students. The purpose of the study is to examine the self-compassion and hope of university students while using social networks. The sample of the study was (842) male and female students from Al-Jouf University, Ain Shams University and Alexandria University. The sample was divided according to the use of social networks into two categories, the low category in the use of social networks, who use social networks for an hour or less, and the high category in the use of social networks. They are the ones who use social networks for four hours or more, and the low in the use of social networks became (135) male and female students, and the high in the use of social networks (107) were male and female students. The researchers applied to them the measure of self-compassion in particular prepared by Neff, 2003 and the measure of hope prepared by Abdel Moati 2010. The study found that there are statistically significant differences at the level (0.01) between low and high use of social networks in self-compassion, in favor of low use of social networks. It also found that there are statistically significant differences at the level (0.01) between low and high users of social networking in hope, in favor of those with low use of social networks.

Keywords:
Social networks; Self-compassion; Hope.

1. Introduction

Social networks (such as Facebook, YouTube, Twitter, WhatsApp, Telegram, etc.) are one of the most used Internet sites, because they offer a wide range of communication and interaction tools among users so that they can communicate with each other in various forms, whether by voice, image, text messages, or all of them combined. They also facilitate the exchange of ideas, information, and files of various types among them and the formation of new friendships as well as being updated about the news of old friends in a dynamic and rapidly growing virtual community (Qasim, Fahd, 2021). Social networks have had a significant impact on all different groups of societies as a result of the various tools they provide for fast and flexible communication. Their use is also characterized by being easy and simple, which made them the most popular and widely used among different age groups (Abu Ghaben and Hallo, 2020).

Social networks depend on various forms of media, such as texts, images, graphics, illustrations, videos, etc. They also allow social interaction with everything that everyone in the group publishes, making it an active participatory interactive environment. This is in addition to their being an effective visual, audible, and legible means of communication (Mohamed, 2014).

Many people resort to social networks to provide information and news so that they become a news platform with quick publishing capabilities. Others may resort to such networks to find out the news of friends and relatives. Despite the various advantages of social networks, in terms of speed of publishing and communication in multiple and interactive media, yet one of its most important disadvantages is the waste of time, isolation, and social disintegration (Bassiouni, 2020).

In dealing with others, either directly or indirectly through social networks networks, the individual may face problems and obstacles that he seeks to solve and may ask for help via social networks.

The individual himself may contribute to solving the problems presented on social networks. In view of the problems and obstacles faced by the individual, the concept of self-compassion appears, as it is linked to psychological prevention of the individual and works on protecting the individual from many psychological disorders, such as depression, anxiety, psychological and social isolation and irrational thinking. The concept of self-compassion is one of the concepts of positive psychology and one of the positive concepts of health psychology (Ammar, 2018).

With the tremendous development in social networks and the ideas and projects they present, in which opinions are addressed, the concept of hope appears. Hope is considered one of the modern concepts in the field of positive psychology, which is a positive state of knowledge and motivation. This includes the individual's belief in his ability to plan and work continuously to achieve his goals (Abdullah, 2016). Therefore, the current study attempts to examine the relationship between the use of social networks and self-compassion and hope among university students.

2. Terminology of study

2-1 Social Network:
A social network is an internet-based website that allows people with similar interests to come together and share information, photos, and videos (Goulart, 2013).

2-2 self-compassion:
Neff, 2003b defines self-compassion as a form of understanding and understanding toward one's self in situations of pain and failure rather than harsh self-criticism, perceiving one's experiences as part of humanity's experiences rather than seeing them as isolated and involving self-kindness versus self-judgment, shared humanity versus solitude, and mindfulness versus excessive autism with one's self.

2-3 hope:
Abdel Muti, 2010 defines hope as being a positive psychological system inside the individual, with cognitive, emotional, and performance components to overcome obstacles to reach the goal. It includes components such as: Confidence, Consciousness, Work, Agency, Desire of goal, Goals, and Conscience. Positive affect, expectation, and belief.

3. Literature Review

Social networks are among the most important ICT products in use and influence in societies, as the limits of their use did not stop at communication only, but also entered into many and varied fields of use such as media, marketing, politics, education, culture. etc. (Bin Sidhom, and Lakhal, 2021). Statistics indicate that social networking users increased by 13% in July 2021, compared to the same time last year, which amounts to an increase of nearly half a billion new users in only 12 months. Currently, there are 4.48 billion users around the world who use social networks. This number represents about 57% of the world's population. Facebook alone ranks first in the number of users, which in July 2021 reached (2.853) million users, followed by YouTube with (2.291) million users, while WhatsApp comes in third place with (2,000) million users (Kemp, 2021). Perhaps the previous ratios indicate the extent of the impact of social networking on societies, especially in the youth category, so that the most age group that uses social networking on a daily basis is the age group between 18-29 years, followed by the category of 30-49 years, and then comes in the third place is in the 50-64 age category, then the 65-up category (Auxier, & Anderson, 2021).

Social networks appeared in the mid-nineties of the 20th century, so that it was the first social networking site (Classmates), which was launched in 1995 A.C., but it was not as famous as it is today. With the extension of the first site was the appearance of (Myspace) in 2003, and perhaps among the most important social networks that currently exist and are widely used are Facebook, YouTube, Twitter, and WhatsApp (Azroual, Lajal, 2021). Hope is a positive motivational state based on successful feeling, which is a goal-oriented energy and planning to achieve this goal. It includes the individual's possession of goals of personal value, a perceived ability to generate strategies (paths) to achieve these goals, and motivation to apply and implement the paths in the process of pursuing goals. Hope includes two related components: trajectory thinking and determination thinking (Snyder et al., 1991). Merolla, 2014 indicates that each of the two components of hope (determination and paths) equips individuals to respond effectively to overcoming obstacles and problems in life by setting goals and planning to

overcome challenges. Sayed Othman (1989) states that hope is the holder of the vital elements in the heart of the historical man so that such elements can become strong and proceed in life. As such, hope is the motivator for them, and it is the motivator for him to grow and advance. All human endeavors are attributed to this human hope to create his own destiny. Othman points out that hope has three basic elements: trust, awareness, and action.

4. Research Questions

1- Are there statistically significant differences between low and high users of social networks among Saudi male and female university students in self-compassion?.
2- Are there statistically significant differences between low and high users of social networks among male and female university students in hope?.

5. Proposed System

A lot of study is conducted on self-compassion, but no research has been conducted on whether hope is determined using self-compassion. This research suggest that the hope and self-compassion are favourably and strongly relates the satisfaction, extraversion and wellbeing and negatively related the emotion. The mindfulness, common humanity and self-kindness of self-compassion makes the students more connected and improve the wellbeing. They also attenuated emotional and protect students from negative effect of failure experience and self-perception. The students with higher level of hope also appear to think more positively perceive themselves in more positive way. The figure 1 examine the social network factor that affect the self-compassion and hope of the university students.
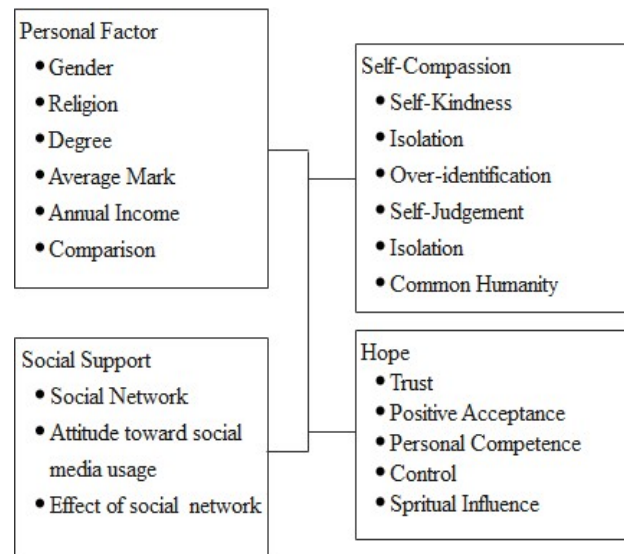

Figure 1: Framework of the Proposed System

6. Proposed System

The descriptive approach is correlational studies

6.1 Participants :

Participants were 842 university students enrolled in several undergraduate's program at Jouf University (Saudia), Ain Shams University and Alexandria University (Egyptians). They were 492 males and 350 females with ages ranging from 18 to 29 years old. The sample was divided according to the use of social networks into two categories, the low category in the use of social networks, who use social networks for an hour or less, and the high category in the use of social networks, who use social networks for four hours or more, and the low in the use of social networks became (135 male and female students, and the high use of social networks (107) male and female students.

6.2 Instrument:

Self-compassion Scale: Prepared by Neff, 2003, The self-compassion scale is utilized to measure the self-compassion. The Self-Compassion Scale, which examines trait levels of self-compassion, has been used in the great majority of self-compassion studies. The scale was created to express the ideas, emotions, and behaviours connected with self-many compassion's components. It comprises the variables

about mindfulness, self-judgement, self-kindness and common humanity, over-identification, and isolation in response to emotions of inadequacy. The internal consistency of the self-compassion scale is analysed by average the coefficient of six subscale as 0.74, 0.72, 0.79, 0.82, 0.77, 0.76 respectively

6.3 Hope Scale:

The hope scale is used to measure the hope, Prepared by Abdel Muti, 2010. The scale consists of (13) situations, the examinee chooses an alternative from three alternatives (A, B, C) in each situation, it takes three degrees (3, 2, 1) and the scale consists of two dimensions: First: achieving the desired goals and including attitudes From 1-7 it gathers six dimensions of hope: action, trust, awareness, expectation, dependence, and desire for the goal, and the second: the specifications of the goals and includes positions from 8-13, which revolve around the conditions that must be met by the goals, and thus the highest score of the scale is 39 The lowest degree is 13 degrees. The average reliability coefficient is about 0.83.

6.4 Procedure:

Permission for student participation was from the chief department and voluntary students participated in the analysis. The scales could be completed anonymously, and anonymity was guaranteed. The kids were given the scales in groups in the classrooms. In terms of administration, the measures were balanced. Prior to the administration of measurements, all participants were informed of the studies goals.

6.5 Data Analysis:

The data were statistically analyzed using the statistical method t-test.

7. RESULT

To answer the research questions, the statistical method t-test was used.

1) Are there statistically significant differences between low and high users of social networks among Saudi male and female university students in self-compassion?

To answer this question, the sample was divided into low and high users of social networks, the mean and standard deviation were calculated, and the differences between the mean scores of low and high users of social networks in self-compassion were calculated.

Table (1) The mean, standard deviation, and t-test results between low and high users of social networks in self-compassion

	Lows n=135		The highs n=107		T Value
	mean	standard deviation	mean	standard deviation	
self-compassion	102.62	6.69	99.9	6.05	3.31

It is clear from Table No. (1) that there are statistically significant differences at level (0.01) between low and high social networks users in self-compassion, in favor of low social networks use, as the average of low social networks use is higher than the average high social networks use Social in self-compassion. This indicates that excessive use of social networks negatively affects self-compassion for low self-compassion as low social networks use is more self-compassionate. This indicates that excessive use of social networks may negatively affect self-compassion and its dimensions, self-kindness, vigilance Mentality, autonomy, isolation and excessive identification with oneself.

2) Are there statistically significant differences between low and high users of social networks among male and female university students in hope?.

To answer this question, the sample was divided into low and high users of social networks, the mean and standard deviation were calculated, and the differences between the mean scores of low and high users of social networks in hope were calculated.

Table (2) The mean, standard deviation, and t-test results between low and high users of social networks in hope

	Lows n=135			The highs n=107		T Value
standard deviation		standard deviation	mean	standard deviation		
9.19	3.44	10.13	26.08	9.19		3.44

It is clear from Table No. (2) that there are statistically significant differences at level (0.01) between low and high users of social networks in hope, in favor of low social networks use, as the average of low social networks use is higher than the average of high social networks use At the level please. This indicates that the excessive use of social networks affects the level of hope for low social networks use, as low social networks use tends to work and make effort to achieve their goals, the ability to divide difficult tasks into parts and deal with them, and not give in to anxiety (Abdullah , 2016). While the excessive use of social networks affects the time set for them to complete their work and achieve their goals, and thus leads to a lower level of hope for them than those who use social networks.

8.   DISCUSSION

The study indicates the effect of social network with respect to self-compassion and hope in the students of Jouf University, Ain Shams University, Alexandria University. The relation among the self-compassion and hope is analyzed first in this study. It is clear from the results of the study that the excessive use of social networks, which exceeds four hours a day, affects the self-compassion of the individual, compared to individuals who use social networks and less, as they are more pitiful in particular than individuals who excessively use social networks. Moderate use of different social networks positively affects self-compassion for excessive use of social networks.

It is also clear from the results of the study that the excessive use of social networks, which exceeds four hours a day, affects the level of hope for low use of social networks, as low use of social networks tend to work hard and make more effort to achieve their goals, and the ability to persevere and deal With difficult tasks and their completion, and not giving in to anxiety, more than individuals who excessively use social networks, as this

leads to a decrease in their ability to work, persevere and face difficult tasks, compared to those who use social networks in a low or not exaggerated manner. It is clear from this that moderate use of different social networks positively affects the hope of excessive use of social networks. With regard to future studies, the study recommends conducting cross-cultural studies to compare societies in the impact of social networks use on self-compassion and hope, and to compare low, medium and high social networks users in self-compassion and hope.

9.   Recommendations:

The study recommends the following:-

-Creating awareness programs for male and female students about the dangers of excessive use of social networks.

- Conducting workshops for male and female students on how to appropriately or appropriately use social networks.

10. CONCLUSION

The present study provides a significant information about the effect of social networks in self-compassion and hope of the Jouf University, Ain Shams University, Alexandria University students. The hope is increased with increasing in the self-kindness and mindfulness. The structural relation in which the self-compassion and hope is positively influence with social networks.

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