

Assessing the Impacts of Social Media on Higher Secondary Students' Family Bonding

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Abstract

The present study explores the assessment of the impacts of social media on HSC level students' family bonding. Mixed method approach has been followed to conduct the present study. Using simple random sampling procedure, 380 students of 12 colleges of Bangladesh are selected as the study respondents. For analyzing quantitative data collected through questionnaire survey IBM SPSS Version 23 software has been used. The findings of the study are presented in frequency distribution tables with percentage. The present study shows that social media keeps both positive and negative effects on students' family bonding and socialization process. 93.9% mention that it plays a vital role to maintain remote kinship relations; 91.8% think that it makes family members cohesive towards their family; 90.7% of them cite that it can help to keep in touch with each other and feel closer having distance; 71.1 % think that it helps to find out and communicate old friends too. On contrary 93.9% identify that it is responsible for making relational gap among the family members; 91.8% think that it lessens the frequency and quality of participating family gossiping; 93.2% uphold that it makes the family members self-centered and makes busy with electronic gadgets and glued to screen and makes them socially isolated from the physical worlds gradually.

Key words: *Social Media, HSC Students, Family Bonding, Socialization Process*

Introduction

The most exemplary and constructive effect of social media is family communication. It has become the primary source of communication among family members. Students' family members can stay connected with their children through sharing status, photos and videos, problems and feelings in hard times with geographically located family members. It has become an efficient source of establishing a friendly atmosphere for family relationship by group chatting and events sharing. Social media imparts parents' insight into the children's world. Parents can watch the photos, status, videos and their children' share issues when they are not at home. It helps the guardians to know about the friends and social circles of their children they maintain. Besides, beautiful captions with family photos and videos create sweet memories which ultimately boost up strong family bonding. It is also true that the present visual generation is a digital native and techno savvy in the case of social media usage and they do not pay much attention to their parents and don't heed to parents' advice too. Children can now share their emotions, feelings and problems with their virtual friends of social media and they get satisfied responses without letting their parents know anything about their difficulties. It weakens the dependency of children over their parents and the bond of parents towards their children. In 21st century, students show less interest in family gatherings showing no affection and love in their surroundings because of smartphone addiction. No doubt, social media reduce the physical barriers to

connect people but it also destroys family cultures, traditional structure, family internal relations, and social interaction among the family members in the society. People who are always active on social media are not available mentally free for the family to communicate or speak. Though social media has become a strong agent of socialization, still parents play a significant role in building the formation of social understandings, mutual trust and strong cohesiveness. Social media has a huge influence on socialization of its users as it helps to increase social capital, mutual communication and build social bonding too. In this study how social media exercises impacts on HSC level students' family bonding and what role social media play for socialization process are discussed.

Statement of the problem

Family bonding is a strong connection among the family members. Bonding is an intimate connection that family members can share. It prevails in a society when family members share their life experiences to each other and challenging times are filled with moments of strength, communication and encouragement. Happy moments become sweeter, brighter and more joyous when strong family bonding prevails in its members. Loyalty, acceptance, mutual understanding and reciprocal appreciation are some indicators of strong family bonding of its members but rapid expansion of internet connection, cheap mobile data package, WiFi facilities, available of electric gadgets like smartphones, laptop, tab, desktop computer and different social networking sites have brought some concerns for the HSC level students as well as for their guardians. Especially usages of different social media platforms like Facebook, WhatsApp, Imo, YouTube, Twitter etc. by the students and their family members keep very negative effects on strong bondage of family members of 21st century. It is observed that at any family and social gatherings, instead of giving attention, students are keeping themselves busy with face booking, chatting, tweeting, messaging, watching different videos, reels on You Tube or TikTok platforms and wasting valuable times not sharing face to face experiences with their near and dear ones. Students as well as their family members of 21st century, who are very much addicted on electronic gadgets like smartphones feel anxiety, stressed, emotional, inferior, jealousy, aggressive, restlessness, judgmental, and frustrated. Students are using it even during their class time, study slots, library session, and homework or exam preparation. They remain busy with such activities till late night hampering their normal pattern of sleep and proper rest. They are using such platforms locking the door neglecting their family members and pass hours after hours through virtual chatting and scrolling or watching videos. Their too much addiction to social media leads them to cyber bullying and experienced mental shocked which ultimately hamper their family peace and happiness. Sometimes students share different inappropriate contents and accustomed to watching different obscene pictures and videos and getting connected to unknown people over social media and share their very confidential issues with them and fall on trapped that bring threats and hazards to their individual and family life and ultimately destroy family peace and happiness. Based on above discussion, how social media keeps both positive and negative roles on HSC level students' family bonding are discussed in this study.

Objective of the study

The main objective of this study is to explore the impacts of social media on HSC level students' family bonding.

Method of the study

Mixed method approaches i.e. both qualitative and quantitative data have been used to conduct the present study. The higher secondary level students of 12 selected colleges of 3 divisional cities named Dhaka, Rajshahi and Khulna of Bangladesh were the source of primary data in this study. The colleges of 3 divisions are selected purposively. From every three secondary and higher secondary education boards, four colleges situated in urban areas where co-education existed have been selected purposively as study institutes. So, the number of selected colleges is 12. For the present study, only students of HSC level have been selected as study population. From 12 colleges, 380 students have been selected as study respondents applying simple random sampling procedure. A semi-structured questionnaire has been used to collect the primary data. Secondary data have been analyzed using content and documents analyzed through different literature reviewing. Collected data were analyzed using IBM SPSS Version 23 software. The findings of the questionnaire survey are presented in frequency distribution tables with percentage.

Results and discussion

The researcher has identified some indicators to evaluate the impacts of social media on students' family bonding. On the basis of the indicators relevant questions were set in the survey questionnaire. Primary data collection duration was from March 2020 to June 2020. The findings on different queries about the impacts of social media on HSC students' family bonding are presented in following section in tabular forms.

Impacts of Social Media on Family Bonding

To uphold the impacts of social media on students' family bonding researcher has selected some indicators. On the basis of those indicators relevant questions were set in the questionnaire. The response to the questionnaire is analyzed and presented in the following subsection in tabular forms. Critical remarks on the major findings follow the table concerned.

Number of Smartphone Used by Students' Family Members

Smartphones have become an inseparable part of the life. Among the family members, its users are increasing day by day. The number of smartphones possessed by the family members of the respondents is shown in following table 1.

Table 1. Number of smart-phone in students' family

Number of smart-phone used by the family members	Frequency	Percent
No smartphone	00	00
One	66	17.4
Two	140	36.8
Three	97	25.5
Four	46	12.1
Five	15	3.9
More than five	16	4.2
Total	380	100.0

Source: Survey data, 2020

Table 1 shows that 36.8% of the respondents' family members have at least two smartphones; 25.5% have three; 12.1% have four and 4.2% have more than five smartphones. More than 82% of the family members have plural numbers of smartphones. More than half of the respondents' family members spend 401-500 tk. per month for buying mobile data or internet package.

Students Pursue Their Guardians to Buy Smartphone or Other Electronic Gadgets

Students were asked to know about their persistence to get smartphone from their parents and in this study 68.2% of the respondents create pressure or pursues their guardians to buy smartphone for them and sometimes create hostile situation among students and their guardians for this issue. It is found in a study that as mobile or smart phone keeps families safe, so it is quite normal that guardians want to see where their offspring are. Fifty-six percent of parents surveyed mentioned that they gave their children a smartphone willingly for safety and security reasons.¹

Whether Parents Have Social Media Accounts

In this study students have asked whether their parents have any Facebook or other social media accounts and in response of the question 68.7% of the respondents' parents have Facebook or other social media accounts. Almost similar findings have been found in another study that parents use a variety of social networking sites, with Facebook being the most popular. Almost three-quarters of parents (74%) use Facebook, mothers are more likely than fathers to use Facebook – 81% vs. 66%.²

Time Spent in Social Media by the Students' Family Members

Students and their family members engage in surfing the social media sites for an inordinate period of time. They scroll down the homepages of different SNSs they are in active in and spend diverse chunks of time in doing so. In this study students were asked how much time they and their family members spend in social media and in response of that question 31.1% of the total respondents spend more than 5 hours daily in social media; 27.1% spend 4-5 hours per day; 25.3% spend 3-4 hours per day and only 16.5% of the respondents spend 2-3 hours per day. It is found in a study that 70% users spend more than 2 hours per day and 23% users spend more than 5 hours in a day on social media.³

Among the Students' Family Members Who Use Smartphone More

Smartphone use depends on varies by age, gender or education levels and time availability. It is seen that smartphone use is especially common among younger generation and especially among the male members in a family. In this study students were asked among the family members who use smartphone and social media more and in response of that question it is seen that male members use smartphone more than females of the respondents' family. Father and brother of the students' family are the more smartphone users than mother and sister whose reflection shows that 65.2% of the respondents' father use smartphone more than other members in the students' family; 63.9% of the respondent himself or herself use smartphone more than other members of his or her family; 35.6% of the respondents' brothers use smartphone more than other family members; and 34.0% of the respondents' sisters use it more than other family members.

Whether Family Members Stay Busy with Smartphone

Smartphone is a better communication tools than meeting people face to face. With smartphone usage, busy guardians can contact with their children that lessen their anxiety and stress about their children who stay far away from their family. It is useful to own a smartphone by college students in order to keep in touch with their family members also. In this study students were asked whether guardians and other family members stay busy with smartphone and this study shows that 60.3% of the respondents' parents and other family members are stay busy with smartphone for social media using purposes. In this study students' family members are not aware of smartphone usages because they less use these devices. It is found in a study that parents' distraction with phones and mobile devices while around children has become common. Some parents of teens confess that they struggle with the allure of screens; 36% mention that they themselves spend too much time on their android phone; 51% of teens mention that they often or sometimes find their parents or caregivers to be distracted by their own smartphones when they are trying to have a conversation with them.⁴

Guardians' Role in Their Children's Social Media Usage at Home

Guardians of the respondents can encourage or discourage their children to use social media when they stay at home. But sometimes they cannot keep any role to influence their children's social media usage when their children stay outside from home. In this study whether parents of the students encourage or discourage their children to use social media at their home are shown in table 2.

Table 2. Role of parents in case of using social media at home by their children

Parents' Role	Frequency	Percent
They encourage children to use social media	66	17.3
They discourage children to use it	172	45.3
None of these	142	37.4
Total	380	100.0

Source: Survey data, 2020

Table 2 shows that 45.3% of the respondents express that their parents discourage them to use social media at home. From this study it is found that maximum of the respondents' parents discourages their children to use smartphone during eating meals and study time.

Whether the Respondents Quarrel with Their Guardians for Social Media Usages

It is frequently observed in the family that students want to use smartphone in their study time and parents discourage their children to use smartphone during that time. As a result, there create a quarrelsome situation between guardians and their children. One of the most common conflicts that arise and often becomes the most heated between teens and their parents is concerning electronic devices and social media usage. In this study students were enquired whether they quarrel or conflict with their guardians for smartphone usage and in response of the question 89.5% of the students make quarrel with their guardians over social media usage at different times. A study depicts that children want to enjoy great autonomy for using their smartphones. Many parents attempt to regulate their children's smartphone use and such regulation often leads to clash between parents and children and ultimately hampers family peace and happiness environment.⁵

Students' Taking Meals with Family Member When They Stay at Home

Allowing children/adults to be distracted by electronic gadgets during dinner is bad etiquettes. Mealtimes i.e dinnertimes, lunchtimes, suppertimes, teatimes, breakfast times are the perfect times to practice listening, paying attention to the person who's speaking and taking turns and share their feelings and experiences with their family members. Parents who are glued to their phones or who obsessively check their email or social media notifications are bad role models for children and teenagers. In this study students were asked whether they take their meals with family members or stay busy with their smartphones. Survey data shows that out of 380 students 70.0 % do not take their meals together with their family members when they stay at home for different reasons. It is found in a study that both children and parents were using mobile devices during family mealtimes, TV viewing, and other events are proved as a cause for losing bonding among the family members.⁶

Students and Family Members Stay Busy with Smartphone during Taking Meals

Meal times are a cherished part of everyday life around the world. According to a study using smartphones during family activities such as meals, playtime, and bedtime may lead children to show frustration, hyperactivity, whining, and sulking.⁷ Families are stimulated to eat meals together devoid of distractions like television viewing, smartphone using, busy with other electronic devices.⁸ Whether students and their family members stay busy with smartphone during taking their meals and survey data upholds that 76.1% of the respondents and their family stay busy with smartphone at the time of taking meals together. Another study echoed the above findings that participants with smartphone lying down at the dining table during a meal with a friend or family members cited lower levels of amusement and connectedness along with higher levels of monotony and distraction.⁹

Students and Their Family Members Stay Busy When They Go Outside

In 21st century students of social media users seem to spend a lot of time in enjoying, doing chats with the online friends and uploading funny images and status but they do not pay any heed toward their near and dear ones. They do not able to manage time to talk to their family members because of their excessive involvement with smartphone. In this study students were asked whether students and their family members stay busy with smartphone at the time of visiting outside and 68.2% of the respondents stay busy with smartphone at the time of visiting outside with their family members. This finding is supported by another study says that in recent times parents are being a heavy user of social media and the rates of social media usage by many children in a park with trees, slides and swings sitting on a bench stuck to their smartphones are increasing day by day.¹⁰

Students Busy with Facebook or YouTube during Family Adda

Students are habituated to looking at their electronic devices so often that they have become distracted and do not often look directly at others at the time of gossiping or family adda. Students were enquired of whether they stay busy with Facebook or You Tube during family *adda* and 82.1% of the respondents admit that students along with their friends remain busy with scrolling Facebook or watching YouTube videos bending their neck at the time of social gatherings like family gossips, indoor games competitions etc. This study result shows students' tendency to use smartphone during their face-to-face chat with their

friends' circle and family members which may in turn destroy the quality of friendship. A study finds that the beauty of receiving an individual's full complete courtesy during a conversation is continuously being threatened because of smartphone addiction.¹¹

Students Ignore Family Members, Friends and Relatives for Social Media Usages

It is necessary to create times and days where people consciously create gadget-free actions for family, friends and communities and re-engage face to face. Students were asked during questionnaire survey whether they and their friends ignore their family members, friends and relatives due to their over involvement in social media and the findings shows that 72.4% mention that because of remaining busy in social media, they ignore their family members, friends circle and relatives as well as become isolated from them. It is found in a study that out of 384 respondents 32% spent 1-2 hours with their parents every day; 25% spent less than one hour; and in holiday 29% spent only 1-2 hours with their parents and 28% spent less than an hour on holiday and this time spent proves that they spend very short time as well as low quality time with their parents and other family members ultimately slacken strong bonding among the family members.¹²

Some Positive Impacts of Social Media on Students' Family Bonding

Family relationships are vital as the family teaches us how to behave and integrate in society. Social media can strengthen bonds by allowing physically distant family members to stay in touch. It allows family members to see what each other is posting in Facebook. It helps keep family members close over shared interests, hobbies, and more. In this study students were asked how social media keeps positive roles on family relationships and the feedback are inserted in table 3.

Table 3: Positive impacts of social media on family bonding

How social media keeps positive roles on family bonding	Responses	
	N	Percent of Cases
Allowing speedy communication and interaction among family members	343	91.0
Maintaining remote kinship relations	354	93.9
Making family members cohesive towards their family	346	91.8
Establishing social connections and strong bondage	306	81.2
Helping to find out families' old and lost friends	268	71.1
Spreading social awareness and kindness towards family members	244	64.7
Wishing greetings for special days and condolence for sorrowfulness	327	86.1
Reducing family stress, anxiety and frustration	274	72.1
Allowing them to bond over common interests, hobbies and activities	314	82.6
Sharing family photos and feel togetherness	146	38.4
Social media boost up social capital	246	65.1
Keeping in touch with each other and feel closer in spite of distance	343	90.7
Social media builds strong relationship among children and parents	342	90.5
Feeling less isolated because of social media	268	70.9
Learning new cultural and societal ideas and information	246	65.1
Participating donation or helping issues	141	31.1

Source: Survey data, 2020

Note: The respondents had the scope to choose multiple options

Table 3 shows that 93.9% mention that social media plays a great role to maintain remote kinship relations; 91.8% think that it makes family members cohesive towards their family; 90.7% of them cite that this can help to keep in touch with each other and feel closer having distance; 90.5% think that it builds strong relationships among children and parents. It is found in a study that social media keeps some positive roles in maintaining family relationships. Use of social media by the family members can reduce physical distance. They use it for communicate and interact to share their feelings. It can help understanding better to know about others' likes, dislikes, social circle, opinions, views and habits. Besides, the memory feature on it allows family members to relive amazing family moments, pictures, videos, tags, check-ins etc. every year on the anniversary of the event. This can help keep the nostalgia and familial love going strong. It lets them bond over things they like. It helps keep family members close over shared interests, hobbies, liking, disliking, feelings and many more.¹³ A study says that a certain kind of Facebook use can help students accumulate and maintain bridging social capital. Intensity of Facebook use is positively linked with individuals perceived bridging and bonding social capital. Bonding social capital is found between individuals in tightly-knit, emotionally close relationships such as family and close friends.¹⁴

Another study says that Facebook has online sources where people can stay communally associated to their friends, family, peers and acquaintances. Family members may find it easier to keep in touch and be aware of others' activities through social media. Today's social media are facilitating the informal qualities of interactions involving personal ties of friendship and intimacy among the family members, relatives and friends as well.¹⁵

Negative Impacts of Social Media on Family Bonding

Due to the emergence of smartphones, laptops, tabs and in the name ICT of age, family members are choosing to while away hours entertaining themselves in separate corners of the home. As a result, family relationships deteriorate, which leads to members' feeling of isolation. Students were asked whether social media usage lessens the family bonding of the students and in response of the query 95.5% admit that it lessens the family bonding. From the opinions of the students, it is found that social media usage by the students and their family members directly hit the family bonding and lessens mutual relations. Another study states that the obsessive checking of social media has made face-to-face communication very problematic. A husband and wife may pass time next to each other, but their minds are engrossed in their own social entertainment as they scroll through their individual Facebook feeds and timelines. This is one of the harmful effects of social media on marriage in its earliest stages.¹⁶

How Social Media Lessens Students' Family Bonding

The way students use their mobile devices during family time can affect their relationships. Using a smart phone for work purposes in family time can increase distress and strain on family smooth functions. While using their smart phones or other electronic gadgets, parents talk less to their children, respond more slowly, and overreact when interrupted. There are many ways how social media lessens students' family bonding. Students were asked how social media usage lessens their family bonding and results are shown in table 4.

Table 4: How social media lessens students' family bonding

Ways of lessening family bonding by social media usage	Responses	
	N	Percent of Cases
Creating misunderstanding among the family members	343	91.0
Making relational gap between students and their family members	354	93.9
Lessening the rate of giving family gossiping	346	91.8
Reducing quality time among the students and family members	306	81.2
Abolishing the family trends, culture, tradition and rules	268	71.1
Keeping family members busy with personal activities on smartphone	244	64.7
Making users self-centered, jealous, helplessness and frustrated	353	93.2
Making users unsocial and reduced adaptability skills	241	63.4
Reducing mutual interactions among the family members	276	72.6
Making users alone and reserved	301	79.2
Social media reduce the sociability and pleasantness	334	87.9
Students are being socially isolated day by day	344	90.5
Social media accelerates rumor rapidly in society	322	84.7
Social media has decreased students' social capital	240	63.2
Social media affects students' kinship maintenance	213	56.1
It has reduced family values, customs, beliefs and rituals	227	59.7
Social media creates a social disorder by leaking out confidentiality	292	76.8
Others (Fathers and mothers are busy with smartphone and children are busy with electronic gadgets in their reading room)	210	55.3

Source: Survey data, 2020

Note: The respondents had the scope to choose multiple options

Table 4 shows that 93.9% of the respondents identify that social media is responsible for making relational gap among the family members and thus lessens family bonding; 93.2% mention that it make the family members self-centered and make busy with themselves; 91.8% think that it lessens the frequency and quality of giving family gossiping; 91.0% mention that it creates misunderstanding among the family members; 90.5% of the students think that it make the students socially isolated from the physical worlds. A study finds that time spent on the internet and social media at home is significantly adversely related to time spent with family and friends and social activities.¹⁷ Another study depicts that internet and time spent on SNS deteriorate adolescents' existing relationship with families. This happens due to the lack of time spent with family in the evenings and weekends.¹⁸ Another study finds that smartphones create an emotional distance between individuals by decreasing face-to-face communications between family members and friends; and this can affect the quality of time spent on these relationships and that have a significant influence on social well-being and contentment among friends.¹⁹ A study reveals that 82.8% of the college students have agreed that SNSs are changing nature of interpersonal relationship with their restive family members, friends and relatives also.²⁰ A study says that some social media are inherently social, while others are a-social or even, potentially anti-social.²¹ A study claims that excessive use of social media affects parenting; causing parental distraction, lessening the level of parental engagement, and making a child more likely to be at the risk for injury.²²

Negative and Harmful Impacts of Social Media on Students' Actual Relationship

When students expend more time on Facebook and YouTube, the excellence of in person social interactions declines. They are spending a greater amount of time using the internet and social media that may replace the time they could use for speaking face to face. Besides, students use social media to keep in touch with friends, mediate romantic relationships, unite into social groups, support each other and build their own identities. In this study whether social media usage affect a negative impact on direct or actual relations and 76.1% mention that social media keeps negative impact on face-to-face relationship. A study finds that when a friend is frequently checking, scrolling, texting, or engaged with the smart phone in his hand, it can make one feel that one is not really fully with that person and this affects the relationship.²³

Social Media Reduces Sociability and Interactive Tendency among the Students

Whether social media has really lessened the sociability and interactive capabilities among the HSC students and 80.5% mention that social media has lessened the real sociability and interactive tendency among the present generation students. A study explores that out of 311 students 43.3% admit that they are feeling disconnected due to their over involvement in virtual life and losing their sociability and interactive tendency.²⁴ Another study reveals that maximum of the respondents do not like their parents' restrictions and supervision and as a consequence they are very reluctant to family activities even someone's death does not influence them when they busy with smartphone for chatting, scrolling Facebook, watching videos etc.²⁵

Social Media Accelerates Rumor Rapidly in Society

The spread of bogus or counterfeit news on the social media pages is a cause of great anxiety for all members of society, including the government, policymakers, organizations, businessmen and citizens. In this study students were asked whether social media accelerates rumor very rapidly in the society and the response exhibits that 98.4% of the respondents believe that these platforms accelerate rumor very rapidly in the society. It is found in a study that Americans recognize that fake news spreading through social media causes misperception about current issues and events, yet they continue to circulate and propaganda it.²⁶

Negative Consequences of Rumor Spread Through Social Media on Students' Life

Rumors are produced amid ambiguity, uncertainty, scarcity of information, and psychological insecurity too. Rumor or false news is usually widespread during any crisis, elections and even campaigns period. Fake news creates extermination and causes death of many innocent people. Not only social media users but also some groundless online portals contribute to spreading rumors. Students were asked about negative consequences of rumor and false information on family and social life spread through social media; their responses are shown in table 5. Table 5 shows that 93.2% think that rumor spread from social media networks create disorder in the society; 90.8% think that rumor destroys peace and happiness in family and social life; 88.2% think that rumor destroys mutual trust among its users; 79.2% mention that it expands falsehood in society. A study finds that religious hate speech and rumors spreading over Facebook led to mass deaths in Bangladesh ultimately create social disorder.²⁷

Table 5: Negative consequences of rumor spreading through social media

Negative consequences	Responses	
	N	Percent of Cases
Create disorder in family and social life	354	93.2
Destroy peace and happiness in the family members	345	90.8
Destroy mutual trust among its users	335	88.2
Destroy the harmony or unity of the family	241	63.4
Expand the falsehood in the society	301	79.2
Increase excitement and depression among the users	276	72.6
Others (create mental pressure and insecure feeling)	189	49.7

Source: Survey data, 2020

Note: The respondents had the scope to choose multiple options

Another study says deliberate insertion of false information into a social network may cause confusion and panic in a peaceful society.²⁸ A study described risks of social media use pertaining to privacy, confidentiality, and unintended consequences of unveiling private health information etc. are increasing rapidly.²⁹

Reduction of Social Empathy and Sympathy among the Students' Family Members

Social empathy is defined as the aptitude to experience and understand the feelings and approaches of others. Empathy and sympathy develop through experience with social interactions. Whether social media has reduced the mutual trust, beliefs, social commitment and sympathy as well as empathy among the students' family members and 71.3% mention that mutual trust, social commitment and responsibility, social sympathy and empathy of the family members, friends and relatives have been reduced due to the use of social media. A study shows that children's social skills and abilities to make small talk, to listen actively and to develop empathy are severely affected by the long hours of chatting and interacting with their friends on SNSs.³⁰ Another study investigates the reason why social media is bad for empathy. It finds that there are reduced non-verbal cues, which may hinder empathy; because it makes it challenging to tell how a friend is really feeling without seeing their expressions. This study also shows that empathy scores among American college students declined over the last ten years due to increased use of internet and SNSs.³¹

Conclusion

From the above discussion it can be said that social media plays both positive and negative roles in family bonding and socialization process. Social media can facilitate easy communication among the children and parents and contribute to increasing family bonding. In addition, increasing misunderstanding among the family members, reducing the scope of family gossiping, making distance between children and parents, reducing face to face communication among the people, reducing the quality time spent among the family members, destroying past family traditions, spreading rumor into the society, increasing doubts among the conjugal partners, making users self-centered and reserved issues of social media lessens the strong family relations and bonding and all these issues also play different negative roles in socializing the children of a family. With the time being, number of smartphone usages among the family members of the survey students is increasing and family relationships are degrading and falling or decaying also day by day. In past days there were a strong bonding and good relationship among the family members, friends and relatives and all could share their personal feeling with one another, but advent of social media and smartphone has more or less changed the prior scenario. As parents are busy

with electronic devices, children also learn same things from their guardians. For over involvement with smartphone, children are going to be alienated from their family, friends and relatives and they make their own world and live in phantasy. The present generation of children does not want to go to their relatives' house rather they like to stay at their home accompanied by smartphones. Sociality and interaction capability among the young generation have declined very much for excessive use of social media. To get remedy from these bad impacts of social media parents-children interaction has to be increased and children's as well as guardians' screen time or gadget scrolling time should be minimized. Physical activities, participation in family activities, giving quality time with family members, switching off the smartphone and other electronic gadgets after 11 p. m; changing life style and also parents' guidance and monitoring on their children's activities like with whom their children are mixing, what they are doing in Facebook and other social media etc. should be monitored by their guardians. Besides, parents should approach computer literate to learn how to block objectionable material; keep smartphone in a common area where children's use of it can be monitored; teach children about internet safety and draw their attention to the rules and privacy settings of any social media usage; bookmark preference and favorite sites; spend time in the digital world together with their children to teach appropriate online behavior. All these issues can increase family bonding and enhance positive socialization process of the students.

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