



THE RELATIONSHIP BETWEEN THE USE OF SOCIAL NETWORKS AND PROBLEMS OF UNIVERSITY YOUTH

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Abstract

The purpose of this study is to determine the relationship between the use of Social Networking Sites by university youth and their exposure to problems related to their social relations or their academic performance, with an attempt to come up with a suggested proposal for the role of Social Work in mitigating the negative impacts of the usage of Social Networking Sites on University Youth. This study used the analytical descriptive approach and the researcher adopted the social survey method in the sample. The study tool was a questionnaire form and was administered to 234 males and females students of Qatar University. The study found out that, the most important Social Networking Sites used are WhatsApp and Snapchat and the highest percentage stay in a day on Social Networking Sites was at least five hours. There is a negative relationship between the continuing use of Social Networking Sites and social relations and academic performance.

Keywords: Social Networking Sites, Academic Performance, Social Relations, Social Work.

RESEARCH PROBLEM

The concept of **inclusive and sustainable development** has become a constant basis for measuring the progress of societies, as development has become an urgent and fundamental demand for all contemporary societies. This is due the significant social, economic, political and cultural implications, as well as the conclusive findings that result in the present and future of these societies. The fundamental objective of development is human happiness and the fulfillment of their needs. Development takes place only by the people themselves who are the most important vehicles in the quest of achieving it.

Youth is the main element of development and most importantly the primary objective of development. If appropriate care and plans are discovered to build them by putting in a lot of effort, they will be at and are at the forefront of the driving forces of development objectives. This sector represents the creative energies and forces on which society is based politically, socially and economically, especially in developing societies (Habibet al., 2006, 207).

In the latest census of the Ministry of Planning and Statistics, the percentage of young people aged 15-34 years was 48.2% of the total population (Ministry of Planning, 2016).

Youth represents an important segment of society in both developed and developing societies. This is because young people are more capable of giving and producing than any other age group So it was necessary to study everything related to young people and their problems (Kamal, 2005, 7).

The youth stage is characterized by physical, social, psychological, mental and educational viability, as well as the ability to innovate and participate in making changes and development in society (Subhi, 2002, 35), in which the individual acquires the necessary environmental, mental, psychological and social skills to manage his life affairs and to organize his relations with others.

Modern technological developments in the mid-1990s of the last century have made a quantum leap and a real revolution in the world of communication. The Internet has spread all over the world and connected parts of this vast world to its widspace.

Social Networking Sites are considered a "social institution" because they have an important role to play in affecting people. By interacting with others, they contribute to the process of upbringing and socialization, social change, exchanging of experiences and ideas, building-character and assuming the responsibilities of life.

Social Networking Sites have become an integral part of the lives of communities; even individuals have become accustomed to the use of such sites, so much so that they end up suffering from addiction in some cases. We are aware of the impact of Social Networking Sites such as Facebook, Twitter, Instagram and

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other sites that attract many age groups in different communities, especially young people, but the excessive use of these sites keeps the person away from his community, traditions and customs, in addition to generally known negative and direct impact on the family and consequently contribute to collapse and the promotion of individual values rather than social values.

The negative effects of the use of these sites on social relations are reflected in the low rate of family communication and the lack of size of the social circle with family and friends in addition to feelings of loneliness and isolation (Saleh, 2001, 176).

In addition, there is also lack of communication. Having this reality around the community in mind, one can say that it leads to turning people into introverts who mostly prefer isolation, and such people are unable to manage dialogue and debate (Al-Qaline, 2001, 284).

Social Networking Sites also affect young people, and this appear to have negative effect on their academic achievement as a result of the continuous use of these networks and this eventually leads to a low level of performance as a result of frequent skipping lectures and inability to organize time (Sari, 2005, 176).

Social Work is a profession that deals with a man, especially during the discharge of his various activities, to help him face his problems that he may have anticipated through his own performances in social roles taken and access to full employment for all his abilities, capabilities and skills. For this purpose, the Social Work Profession adopts therapeutic, preventive and developmental interventions to achieve its objectives of working with man (Habib et al., 2014, 247).

The Social Work Profession, as a human profession, constantly endeavors for achieving human well-being and social justice for man and therefore it deals with man in various forms, whether at low-, intermediate- or high-level through many areas of professional work (Abdel-Sind et al., 2014, 7).

Social Work in its contemporary concept is a specialized profession which has its technical forms and scientific methods, which are practiced in Social Welfare Institutions to achieve the preventive, therapeutic and developmental objectives of the human being, and it has various fields (Ali, 2012, 3).

The Social Work Profession seeks to provide social care in general in all fields of professional practice, as this profession works with individuals and patterns and provides them with services, resources and employment opportunities. It also aims to increase the effectiveness of these patterns to perform their functions on the basis of the interrelationship between individuals and society. It is therefore a method of action and a professional perspective of practice (Hanna, 2010, 73).

LITERATURE REVIEW

The Study of (Al-Otaibi, 2003) confirmed that there is a positive effect of the Internet on the social, family and knowledge of life obtained by the user to achieve its objectives to raise the level of social performance and using leisure time, but the use of the Internet has an impact on the quality of User's life. The study recommended the need to organize time for family members to use the Internet and to balance between the needs and requirements of the family and the home.

The results of the study (Abdel Fattah, 2004) indicate that there are many psychological and social effects of the use of the Internet and Social Networking Sites on the university students. The most important problems were the feeling of depression, introversion and isolation from others, in addition to the lack of self-confidence, misunderstanding of others' behavior and shyness when dealing with others as well as irritability and dependency.

The study of (Majali, 2007) aimed to identify the impact of the Internet on social relations among university students in the Jordanian society. The study results showed that the impact of the Internet on social relations increases if the student uses it alone, while this effect decreases in the case of students spend their time in front of the Internet with others. The study also pointed out that the higher the number of Internet usage hours, the greater the impact of using the Internet on social relations. The results also revealed that the most uses of the Internet by the sample members for scientific and research purposes. The study recommended the necessity of organizing training courses and intensive workshops to train university students on how to select useful information.

The study of (Niemz et al., 2005) focused on the excessive use of the internet by university students and its relation to self-esteem. The results indicated that university students use the Internet in many situations for social support. The study found that they suffer from academic, social and personal problems and that the more the use of the Internet the lower the self-esteem and inability to establish good social relations.



The study of (Al- Saggaf, 2011) provided a pilot study conducted in 2009 that used ethnographic techniques to collect data. The aim of the study was to provide a precise description of Saudi female experiences on Facebook; to report their perceptions of their experiences on Facebook. The study found that females use Facebook to maintain relationships with their old and current friends, to express their feelings, to share their ideas, to have fun and to express their political views on their public affairs. They said that Facebook made a lot of impact on their lives; some participants confirmed that Facebook made them more social and more self-confident; while others expressed concern about the time they spent on it, as they had a negative impact on their family relationships and educational achievement.

The study of (Beutel, 2011) focused on determining the method of using Internet applications on the German population. The study confirmed that most of them use internet applications in searching for information as well as shopping and chat. 9.3% of participants reported that there is at least one negative result of the use of the Internet, especially the neglect of recreational activities and problems with family / partner or at work or education and health.

The study of (Shaan, 2012) aimed to determine the reasons for using social networks by children and youth and the most important problems resulting from it. The study concluded that social networks have a negative impact on children, youth and society and that they have already changed their lifestyle. The study stressed the need to monitor youth and children and prevent them from sitting for long hours in front of social networks. The study recommended the necessity of developing guidance and training programs for university students to make them aware of the harms and dangers caused by the bad use of social networks.

The study of (Markaz Al rouya, 2012) focused on identifying the impact of Social Networking Sites on Sudanese university students. The study concluded that the most important sites to be visited by students are Facebook; 50% of them go online from one to two hours daily, one of the main reasons for visiting these Social Networking Sites is to communicate with others and to express their opinions freely; 59% of them said that communication through social networks does not have a negative impact, but 41% of them believe that it has a negative impact. 61 of them said that communication through social networks negatively affects their family relationships. The study confirmed that communication through social networks has some advantages such as social communication, marketing, advertising, entertainment and chat, and the most important disadvantages are loss of time, abuse of others, social isolation, and watching the porn sites, but its impacts on the community are to bury the talents, activities and hobbies, wasting money, internet addiction, establishing illegal relations and low academic performance.

The study of (Patricia et al., 2014) aimed at developing a tool for early detection of the problem of Internet use in adolescents. The study found that the use of the Internet leads to many behavioral problems, social isolation, school failures, family problems and negative psychological and behavioral impact on adolescents.

The study of (Rial et al., 2014) aimed at the use of social networks among adolescents. The study has found that Internet was being misused by adolescents. This misuse often results in negative psychological and behavioral effects, such as the emergence of dangerous behaviors, school failure and family problems. The study stressed the need to implement specific action plans immediately to counter the negative use of Social Networking Sites.

The study of (Al Sowayan, 2014) aims at identifying the impact of social networks on the social culture of the Saudi youth. The study found that the percentage of those who enter Social Networking Sites (Facebook, Twitter) is high and most of them enter from one to two hours daily, and the most important purposes for using these sites are access to information and social support. The study also found that there was positive effects such as freedom of expression, information development and the development of values like freedom, human rights and citizenship. The negative effects are the elimination of the individual privacy, the threat of national security, wasting time, addiction, weakening communication skills, preference of the virtual community to the real community and changing social values.

The study of (Al-Hayes, 2015) aimed at identifying the impact of networking and its areas and topics among the students of Sultan Qabis University on social networks. The study found that most of the Omani youth rely on Facebook to communicate and then YouTube, the diversity of their interests, the ability to interact with different nationalities, the positive impact of the social interaction on the aspects of the young personality and the relationship between the experience of use and the development of the values of social participation and volunteerism. The study recommended the need to plan electronic awareness programs that clearly emphasize the cultural and religious identity of the society.



The study of (Al-Abeed, 2015) aimed at identifying the effects of Social Networking Sites on the students of the Faculty of Education in Qassim University from their point of view (Twitter model). The study found that Social Networking Sites have positive effects in religious and moral aspects that are the transfer of the events of the Islamic world and its negative effects that caused conflict and hatred between sects, religions and doctrines. As for the cognitive aspects, the advantages are, benefiting from the experiences of others. However, the disadvantages are the dissemination of some incorrect knowledge, data and information. For the social aspect, one of the advantages of Social Networking Sites is to provide free expression of opinions and one of their disadvantages is to impersonate public figures. The study recommended the need to provide students with the skills of dealing with technology, including the inclusion of social networking sites and their positive and negative effects within the student activities and courses.

The study of (Badr, 2015) sought to reveal the cultural, social and psychological effects of social networks on the youth of the Gulf University. The study concluded that the most important sites used are Instagram, and then Twitter, then Facebook, and the most important purposes for using them are for leisure and entertainment, public culture and communication with others. The most important positive cultural effects are the recognition of other cultures and vocabulary development. The social and psychological effects are the sense of happiness when communicating with old friends, participating in occasions of others, access to different information and utilizing leisure time. The most important negative social effects of Social Networking Sites are the ease of conversations between young people of both sexes without family knowledge.

The study of (Nishan, 2015) aimed to determine the impact of the use of Facebook on the values of Algerian university youth. The study found that most of the sample of the study use Facebook every day and most of them spend more than 3 hours daily. In most cases, topics dealt with are mostly political and social and the less dealt topics are leisure and entertainment ones. The study stressed that the Facebook Site averagely affects acquisition of some positive values and affects as well the acquisition of some negative values in a high degree. The study recommended that, university students should be made aware of the importance of using Social Networking Sites by organizing training courses and workshops to promote positive uses of Social Networking Sites.

The study of (Abdel Moneim, 2016) aimed at identifying the motives of university students for using Social Networking Sites and to identify the impact of the use of Social Networking Sites and social communication skills and psychological loneliness among students at King Faisal University. The study found that the most important Social Networking Sites used by students at King Faisal University are Facebook and WhatsApp. The most important motives of using Social Networking Sites among students of King Faisal University are cognitive motives in the first place within a very high level, and social motives in the second place within a very high level. The level of loneliness among users of social networks of students at King Faisal University was high and that the level of communication skills among users of social networks of students at King Faisal University were low. The study recommended the necessity of activating the psychological and academic counseling unit at the university to guide the students to use the social networking networks and to confront the psychological and academic crises of the university youth to provide continuous assistance to help them reduce the level of their own psychological loneliness and communication skills.

The study of (Marchant et al., 2017) examined the relationship between the use of Internet and self-harm and the desire to commit suicide, especially among young people. The relationship between the use of Internet and self-harm / suicidal behavior was particularly related to Internet addiction, as there was a strong relationship between the use of Internet and websites and self-harm or suicide attempt. The study also found that there are negative aspects of the use of Internet such as, increasing feelings of isolation. The study stressed that young people are increasingly using social media to convey the negative situation to others, especially to their peers. The study recommended that the focus should now be on how to use certain means (social media, video / photo sharing) in therapy and convey positive behaviors to others.

The study of (Mohammadi and Khadah, 2018) aimed at investigating the nature of the impact of cyber bullying in Social Networking Sites on social relations among a sample of youth, as well as the detection of the difference in this impact according to the age and sex variables. The results obtained show that the nature of the impact of cyber bullying practiced in Social Networking Sites on Social relations is negative. It also shows that the nature of this impact does not vary according to gender or age.

Analysis of Literature Review illustrate the following:



Some studies confirmed that the most important Social Networking Sites visited by young people are Facebook, Twitter, WhatsApp and Instagram. This include the studies of MarkazAl rouya 2012, Al Sowayan 2014, Badr 2015, Al-Hayes 2015, and Abdel Moneim 2016.

One of the most important reasons that make young people frequent users of Social Networking Sites is to search for information, get social support and freely express political feelings and opinions as indicated in the studies of Niemz et al. 2005, Al-Saggaf 2011, Beutel 2011 and Al Sowayan 2014.

The positive effects of the use of social networks include helping young people to become great, self-confident, invest their leisure time, improve their level of social performance and social networking with others, express their opinions freely, benefit from the experiences of others and use them in the field of marketing and advertising, as confirmed by the studies of Al-Otaibi 2003, Al Sowayan 2014, Al-Abeed 2015, and Al-Saggaf 2011.

One of the negative effects of the use of social networks was that these social networks cause many academic and social problems such as school failure, waste of time, the feeling of loneliness and isolation, change of social values and dissemination of incorrect information and data as confirmed by studies of Niemz et al. 2005, Al-Saggaf 2011, Al Sowayan 2014, MarkazAl rouya 2012 Al-Abeed 2015, ,Badr 2015, and Abdel Moneim 2016.

Some studies recommended the necessity of developing guidance and training programs for students and activating psychological and academic counseling units at the university in order to develop positive effects and mitigate the negative effects of using social networks as suggested by Shaalan 2012 and AbdelMoneim 2016.

Accordingly, the study problem is determined in identifying the purposes of the use of Social Networking Sites by Qatari youth and the relationship between the use of Social Networking Sites and the exposure of young people to problems related to their social relations and their academic performance and also determine the role of the Social Work in mitigating these effects.

STUDY SIGNIFICANCE

The importance of the study is related to the importance of youth to the societies in general and to the Qatari society in particular as they are the future of the country and the main element that contributes to the development of the society. One should bear in mind that, they are elites and the well informed about the nature of social interaction and they are usually affected continuously by many different interactions and trends. It is necessary to mention that, they are responsible for the efforts of reform and development in society as they represent about (48.2%) of the total population.

This study is concerned with an important phenomenon of the modern era namely the use of social networks that have become a fundamental element in the transfer of information and forming of public opinion.

STUDY OBJECTIVES

Determining the reasons why Qatari youth use Social Networking Sites. Determining the relationship between the use of youth for Social Networking Sites and exposure to social and academic problems.

Determining the role of Social Work in mitigating the negative effects of youth's use of Social Networking Sites.

Study Questions:

What are the most important Social Networking Sites used by university youth?

What is the average number of hours spent by university youth on Social Networking Sites?

What are the purposes for using Social Networking Sites by university youth?

What is the role of Social Work in mitigating the negative effects of the use of Social Networking Sites by Qatari youth?

Study Hypotheses:

There is a statistically significant relationship between the use of university youth for Social Networking Sites and their exposure to problems of social relations.

There is a statistically significant relationship between the use of university youth for Social Networking Sites and their exposure to academic problems.



STUDY CONCEPTS

YOUTH

In Arabic, The word Youth is coined from Shab - Shababan: he has become a young man and the (young man) is the person who has reached the age of adulthood to thirty; the plural is Youth and (youth) is in the sense of bullying and modernity (Arabic Language Academy, 2004, 333).

The youthful stage means a stage at which the individual begins to occupy a place in social construction through which he plays certain social roles that contribute to build society (Al-Sukkari, 2000, 60).

It is the stage that exceeds the maximum age of adolescence and may be up to 25 years or sometimes 30 years and includes the transition from adolescence to the stage of masculinity or responsibility and stability (Al-Amoushand Al-Olaimat, 2008, 163).

It is also defined as a stage of human life that is determined by a time scale in the light of similar characteristics represented by the characteristic of biological criterion of that stage or by a psychological and behavioral scale as a stage that constitutes a set of behavioral trends of a special nature (Ali and Saruji, 2009, 134).

Youth in this study is meant by those who were studying at the Faculty of Arts and Sciences at Qatar University of both sexes.

SOCIAL NETWORKING SITES

They are defined as interactive social networks that allow users to communicate anytime, anywhere in the world. They have been on the Internet for years and also enable them to communicate with voice and video, and share photos and other potentials that strengthen the social relationship between them (Al Dulaimi, 2011, 183).

Social Networking Sites are system of electronic networks that allows the subscriber to create a site of his own, and then connect it through an electronic social system with other members who have the same interests (Radi, 2003, 23).

Social Networking Sites is considered by the researcher as social networking sites available online for communication between young people. This may include Facebook, Twitter, WhattsApp and Instagram.

Problems:

They are issues or dilemmas that affect human behavior or social relations (Baalbaki and Baalbaki, 2008, 917).

The problem is a set of interlocking and overlapping events that are ambiguous and difficult to solve before knowing its factors and analyzing them in order to make a relevant decision (Saleh, 1999, 417).

It means the individual's awareness of the impossibility of overcoming difficulties arising from a certain situation in the path of knowledge and experience. This is normally contradictory situation that includes opposing situations in interpreting the same things and phenomena as well as their relations (Petrovsky and Yaroshvski, 2000, 228).

Problems are intended by the researcher in this study as the difficulties faced by young people as a result of their use of Social Networking Sites in relation to their social relations and academic performance.

METHODOLOGICAL PROCEDURES FOR THE STUDY

Type of study: This study is a descriptive study that aims at determining the reasons of the use of Social Networking Sites by university youth and those sites adverse impact on the users.

THE METHOD

The methodology employed was Social Survey. It was administered on the Faculty of Arts and Science's students of Qatar University's. The faculty has the largest students body. The number of students selected for the study was 2340 for academic year 2017/2018. The percentage of females was 65% and that of males was 35%. The final number was 234% of which 152 were females and 82 were males.

Study Tools: The researcher relied on a questionnaire which he administered to the students.

THE VALIDITY AND RELIABILITY OF THE FORM

The form was judged by five faculty members at the Faculty of Social Work, Helwan University. The terms that were not approved with 80% were excluded.

The Questionnaire Form was applied to 20 students and it was re-applied after 10 days. By using Pearson correlation coefficient, it was found that the correlation ratio between the two measurements was 88.7%.



Study Domains:

Spatial Domain: The study was done at the Faculty of Arts and Sciences at Qatar University as it is considered the largest student populated faculty of Qatar University.

Human Domain: The study was applied to 234 students, 152 females and 82 males, at the Qatar University.

Time Domain: The data collection period was in April and May 2018.

- Tables and Results:

- Tables for preliminary data

Table 1. Age Group

Age Group	Frequency	Percentage (%)
Below 20 years of age	90	38.46154
20-below 25 years of age	96	41.02564
25- below 30 years of age	48	20.51282
Total	234	100

N = 234

Table (1) shows that the highest percentage (41%) of the participants was in the age group 20- below 25 years of age, then 38.4% of the students were in the age group below 20 years of age, and finally 20.5% of the study participants were in the age group of 25- below 30 years of age.

- Tables for answering the research questions:

Table 2. Social Networking Sites Used by University Students

Social Networking Sites	Frequency	Percentage (%)
Snapchat	213	91.02564
WhatsApp	234	100
Facebook	21	8.974359
Twitter	135	57.69231
Instagram	189	80.76923

N = 234

Table (2) shows that WhatsApp is the most used Social Networking Sites among University Students as 234 (100%) of the students responded that use WhatsApp, 213(91%) of the respondents agreed that they mostly use Snapchat, 189(80.8%) of the study participants mostly use Instagram, 135(57.7%) of the study participants mentioned that they mostly use Twitter and finally 21 (8.9%) of the study participants mostly use Facebook.

These results differ from the results of the studies of MarkazAl rouya2012, Al Sowayan2014,Al-Hayes 2015 and Nashin 2015, as these studies confirmed that the most important sites used by Sudanese, Omani, Saudi and Algerian youth are Facebook and Twitter. However, this study showed that Qatari youth mostly use WhatsApp and Snapchat more than others.



Table 3. Time spent daily on Social Networking Sites Used by University Students

Time	Frequency	Percentage (%)
1 hr.	15	6.410256
2 hr.	33	14.10256
3 hr.	42	17.94872
4 hr.	36	15.38462
5 hr. and more	108	46.15385
Total	234	100

N = 234

Table (3) illustrates the average number of hours university students use Social Networking Sites per day. The highest percentage of (46.1%) is five hours and more, followed by (17.9%) three hours, then (15.4%) four hours, after that (14.1%) two hours, and finally (6.4%) one hour.

This average number of hours is very high compared to the Sudanese youth studied by MarkazAlrouya 2012, as well as the study of Al Sowayan 2014 on Saudi youth, as the two studies confirmed that the average number of hours spent on Social Networking Sites is from one to two hours. Interestingly, the results of this study are somewhat consistent with the results of Nashin 2015 study on Algerian youth. This research discovered that they use Social Networking Sites for more than three hours daily.

Table 4. Means of interaction used on Social Networking Sites

Means of interaction	Frequency	Percentage (%)
Text chat	225	96.15385
Share photos and videos	156	66.66667
video calls	51	21.79487
voice calls	147	62.82051

N = 234

Table (4) shows that the most important Means of interaction used on Social Networking Sites is text chat representing 96.1%. Followed by Share photos and videos by 66.6%, then voice calls by 62.85 and finally video calls by 21.85%.

Table 5. Issues that are shared on Social Networking Sites

Issues	Frequency	Percentage (%)
Social issues	189	80.76923
Political issues	123	52.5641
Religious issues	99	42.30769
Comic issues	114	48.71795

N = 234

Table (5) illustrates that the most important issues that are shared on Social Networking Sites were social issues related, at the percentage 80.7%. It is followed by political issues with 52.5%, then comic issues with 48.7% and finally religious issues with 42.35%.



Table 6. Purposes of using Social Networking Sites

Responses	Yes	To some extent	No	Total Weights	Weighted Mean	Percentage (%)	Ranking
leisure and entertainment	183	51	0	651	2.782051	0.92735	3
Make new friends	30	129	75	423	1.807692	0.602564	8
Acting out (Catharsis)	141	93	3	612	2.582278	0.860759	5
Access to information about all events	195	36	3	660	2.820513	0.940171	1
Spend my free time	159	69	6	621	2.653846	0.884615	4
Get rid of my loneliness	75	93	66	477	2.038462	0.679487	7
Express my opinion freely	78	108	48	498	2.128205	0.709402	6
Help me relax	42	99	93	417	1.782051	0.594017	9
Get rid of tension	18	102	114	372	1.589744	0.529915	10
Communicate with others	198	30	6	660	2.820513	0.940171	1
make me forget all troubles and problems in my life	15	99	120	363	1.551282	0.517094	11

N = 234

Table (6) illustrates that the most important purposes of using Social Networking Sites by university students were to "communicate with others" and "access information about all events" with a percentage of 94, then, "leisure and entertainment" scoring 92.7%. This is followed by "Spend my free time" with 88.4%, then, "acting out (Catharsis)" with 87%. Thereafter, "express my opinion freely" comes next with 70.9%, "get rid of my loneliness" at 67.9%, "make new friends" having 60.2%, and finally, "help me relax" with 59.4%, "get rid of tension" by 53%, and "make me forget all troubles and problems in my life" by 51.7%. These results were consistent with the results of study (Thirab 2016 and Abdel Moneim 2016) that concluded that, continuing use of Social Networking Sites increases the level of youth feeling of loneliness.

These mentioned purposes reflect some of the problems as youth prefer to get their information from these sites that have questionable on their reliability to a large extent. This, as a result make youth more vulnerable to dispersion and delinquency. In addition, these sites do not help them to get rid of feelings of loneliness and anxiety and do not also help them to forget their problems, yet they use them constantly.

The results of this study are consistent with what many previous studies have confirmed that, the most important purposes of using Social Networking Sites by university youth are access to information, leisure and entertainment, communication with others and free expression of opinion as mentioned in the studies of MarkazAl rouya 2012; Al Sawayan 2014; Badr 2015; Niemz&others 2005, Al-Saggaf, 2011, and Beutel, 2011.

- Tables for answering the study hypotheses:

Table 7. The relationship between using Social Networking Sites and Social Relations among University Youth

Social effects	Yes	To some extent	No	Total Weights	Weighted Mean	Percentage (%)	Ranking
My family visits have become fewer because I am too busy using Social Networking Sites.	69	99	66	471	2.012821	0.67094	6
I feel annoyed by relatives' visits because they interrupt my time spent on social Networking Sites.	60	93	81	447	1.910256	0.636752	12



My family complains of not spending time with them.	75	96	63	480	2.051282	0.683761	3
I cannot focus on the dialogues that are going on inside my home with my family.	75	96	63	480	2.051282	0.683761	3
The time spent on social networks is longer than what I spend with my family.	63	111	60	471	2.012821	0.67094	6
I would prefer to stay home rather than go out for family visits.	63	93	78	453	1.935897	0.645299	9
I talk to my colleagues on social networking sites more than I talk to them directly.	93	99	42	519	2.217949	0.739316	1
I would prefer building virtual relationships on social networking sites rather than real relationships.	69	78	87	450	1.923077	0.641026	11
I became locked in my room all the time.	75	90	69	474	2.025641	0.675214	5
I am influenced by Western customs and traditions.	69	84	81	456	1.948718	0.649573	8
I feel that a community culture restricts my freedom.	72	75	87	453	1.935897	0.645299	9
The use of social networks made me accept cultural globalization.	81	102	51	498	2.128205	0.709402	2
Overall average				5652	2.012821	0.67094	

N = 234

Table (7) shows that there is a negative relationship between the use of Social Networking Sites by university youth and their Social Relations at percentage of 67, and the most important effects are "I talk to my colleagues on social networking sites more than I talk to them directly" by 73.9%, then "The use of social networks made me accept cultural globalization" by 70.9%, and then the same percentage of 68.3% "My family complains of not spending time with them" and "I cannot focus on the dialogues that are going on inside my home with my family". This proves the lack of time for a young man to sit with his family and even when he sits with them, he is too busy with Social Networking Sites and not interested in what is being discussed within his family. Then comes after that, "I became locked in my room all the time" by 67.5%, then "My family visits have become fewer because I am too busy using Social Networking Sites" by 67%, then "The time spent on social networks is longer than what I spend with my family" and "I am influenced by Western customs and traditions" by the same percentage of 64.9%. Then "I would prefer to stay home rather than go out for family visits" and "I feel that a community culture restricts my freedom" by the same percentage of 64.5%. Finally, "I would prefer building virtual relationships on social networking sites rather than real relationships" by 64.1% and "I feel annoyed by relatives' visits because they interrupt my time spent on social Networking Sites" by 63.6%.

These results are consistent with the results of the study of MarkazAl rouya 2012; AbdelFattah 2004; Thirab 2016; Al Sowayan 2014, and Patricia 2014 that, the continuing use of Social Networking Sites makes young people feel socially isolation and loneliness and makes them prefer to live in virtual community rather than live in real one.



Table 8. The relationship between using Social Networking Sites and Academic Performance among University Youth

Effects on academic performance	Yes	To some extent	No	Total Weights	Weighted Mean	Percentage (%)	Ranking
I cannot find time to study because I'm too busy using Social Networking Sites.	66	102	66	468	2	0.666667	4
I do not participate in the discussions during lectures because I am too busy using my phone during lectures.	51	96	87	432	1.846154	0.615385	6
My academic performance is on the decline for my continuing use of Social Networking Sites.	60	99	75	453	1.935897	0.645299	5
Social Networking Sites have affected my academic tasks performance.	48	102	84	432	1.846154	0.615385	6
I find it difficult to organize time for studying.	69	111	54	483	2.064103	0.688034	3
The number of hours spent on Social Networking Sites is more than what I spend in studying.	90	93	51	507	2.166667	0.722222	2
I stay up late on social networking sites.	99	93	42	525	2.24359	0.747863	1
Overall average				3300	2.014652	0.671551	

N = 234

Table (8) shows that there is a negative relationship between the use of Social Networking Sites by university youth and their Academic Performance by percentage of 67.1%, and the most important effects are "I stay up late on social networking sites" by 74.7%, then "The number of hours spent on Social Networking Sites is more than what I spend in studying" by 72.2%, then "I find it difficult to organize time for studying" by 68.8%. Then comes after that "I cannot find time to study because I'm too busy using Social Networking Sites" by 66.6%, then "My academic performance is on the decline for my continuing use of Social Networking Sites" by 64.5%, then "I do not participate in the discussions during lectures because I am too busy using my phone during lectures" and "Social Networking Sites have affected my academic tasks performance" by the same percentage of 61.5.

These results are consistent with the results of the study of MarkazAl rouya 2012; Niemz 2005; Alsaggaf 2011; Patrica 2014, and Rail 2014 that, the continuing use of Social Networking Sites leads to academic failure and many academic problems.

CONCLUSION

The study found out that, the most important Social Networking Sites used are WhatsApp and Snapchat and the highest percentage stay in a day on Social Networking Sites was at least five hours. There is a negative relationship between the continuing use of Social Networking Sites and social relations and academic performance. There should therefore be a clear role for many professions in mitigating the negative effects of using social networking sites. Social work considered one of the most important of these professions where the role of Social Work in mitigating the negative effects of using Social Networking Sites by university youth:

Educating university students about the importance of Social Networks and how to benefit from them in getting the various scientific information that increases their awareness;



Developing guidance and training programs for university students to raise awareness of the damages caused by the continuous use of Social Networking Sites through the distribution of scientific publications, seminars and meetings.

Organizing training courses and intensive workshops to train them on how to select useful information.

Activating the psychological and academic counseling unit at the university and guiding the academic advisors to raise awareness of the positive and negative effects of using Social Networking Sites.

Strengthening the role of the family and the university in instilling good values in youth and trying to introduce different activities in the curriculum to fill the mind of youth and distract their mind from what harms them from Social Media Sites and their danger.

Raising awareness of the family with through media, about the danger of using modern means of communication on a continuous basis and its negative effects that may lead to the destruction of the family.

Providing youth with the possibility of utilizing their free time by developing their talents and practicing sports.

Promoting the positive values for the modern means of communication and using positive things such as culture, transfer of useful information, good programs, and development of mind and intellect and avoiding all that calls for negativity, inaction and violence.

Helping university students to set realistic and future goals and supporting their participation in various university activities, which helps in the development of social relations directly.

Developing guidance and counseling programs for enhancing social responsibility among university students.

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