

WhatsApp Addiction and Educators Role in WhatsApp usage among Students

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ABSTRACT

Social networks have become embedded in daily life across the globe notably Middle East countries. Whatsapp are an inescapable critical piece of social media platform when proportion to Twitter, Snapchat, Facebook, Instagram. Have nowhere else is this a higher pattern than in Saudi Arabia, where customers are the predominant active in this province. Whatsapp addiction is a contemporary and flourishing fact. In this fashion, various kinds of addictions, remarkably invention with innovation, are possibly heading off in forthcoming years. Educators should take lead role in alertness of Whatsapp addiction among people which in turn to ensure and improve the Nation's wellness and opulence.

Keywords

WhatsApp, instant message, social networking sites, smartphones, social platforms

Article Received: 10 August 2020, Revised: 25 October 2020, Accepted: 18 November 2020

Introduction

Social Networking Sites (SNSs) are mainstream among university students. The utilization of various types of SNSs is common among university students in different parts of the world anytime and anywhere. One sort of SNS that may have potential in advanced education to help instructing and learning is WhatsApp Messenger. WhatsApp messenger may be a common SNS in numerous components of the globe. Statistics have shown that there were 1.2 billion active monthly users of WhatsApp in 2017¹. WhatsApp Messenger is a smartphone- and web-based instant message application that allows users to exchange information using a variety of media including text, image, video, and audio messages². WhatsApp may be a free, simple to use, fast, convenient, personal mode of communication.

A significant purpose behind Saudi Arabia's rising fixation with social media is the lifestyle of its youth. Greater part of the population are the youth under 30 years of age in Saudi Arabia. The Saudi Arabia's overall population comprises of youth is a good initial indicator of why social media is such a strong force in the country. Saudi Arabian

youth is profoundly globalized and needs to remain associated with their friends, however with the entire world.

Effects of WhatsApp Addiction

The 21st century is well remembered because of the addictive, repetitive behaviors regarding to the precarious ascent in innovative development and covid 19 infections are emerging and rapidly involving situated that has facilitated whatsapp addiction, online dating addiction. This is a another and developing marvel. In such manner, different kinds of addictions, especially those identified with innovation, are probably going to arise in the coming years. Living under such conditions for quite a while could prompt mental and emotional break down.

Addiction in light of the fact that all pleasurable practices happen because of inborn support and will in general get acclimated as dreary conduct which in turn affects the quality of life. Hence the addiction continues despite whatever may be the negative consequences result from it. This is precisely what happens once an individual incorporates a WhatsApp addiction where an individual shows robust psychological preference

towards a behavior, they will begin to act with anxiety and impulsivity. As a result they lose interest in other sort of bountied activities. Those activities go to the backburner and they start using whatsapp with increased frequency. Thus, the addiction kidnaps the person.

As a consequence of using the smartphones, there is an intense periodic desire to use whatsapp. They have very high expectations about the relief of stress or discomfort they will feel after they use the application arising out of education and exams. Students also face decreased sleeping hours, and experienced a lack of energy the next day, A unhealthier lifestyle that includes eating more fast/junk foods, gained weight, and exercised less, that adversely affected their academic achievement³. Smart phone causes selfie addiction could lead to mental and emotional disturbances such as Paranoia, jealousy, nit picking and severe depression. Narcissism is characteristically illuminated as an affinity to believe one's self to be superior over others, to constantly pursue admiration from others, and to participate in egotistical thinking and behavior⁴.

Education Strategies for WhatsApp

Whatsapp is a means to facilitate communication, exchanging media and entertainment⁵. Social networking systems (SNSs) are easy, cheap, convenient, reliable, entertaining, and they can be accessed anywhere⁶ students in the Arab world have used SNSs to overcome. WhatsApp will offer a channel where educators are able to do quicker and additional seamless communication with their students. It can even increase the amount of communication between students and make another venue for learning.

It can also increase the level of communication between students and create another venue for learning. It is easy to form groups with WhatsApp or to use it for private communication⁷. It can be used to communicate anywhere and at any time, and it is commonly used by university students worldwide.

WhatsApp was a useful electronic tool to facilitate information sharing among university students on a range of subjects related to the courses that they were studying⁸. WhatsApp served as a tool for bridging access to learning resources, rendering peer-based and hierarchal support, investment on-task behavior and enhancing substantive context-free learning. WhatsApp can be useful in language assessment⁹. Students will use WhatsApp to record their speech and share their recordings with their lecturers and students.

The effect of the use of WhatsApp on English as Foreign Language (EFL) students were examined in written vocabulary tasks in Saudi Arabia⁹. The students enjoyed WhatsApp as a learning tool. They perceived the utilization of WhatsApp as a game instead of a basic academic demand. In a study conducted among first year university students' regarding the use of WhatsApp for personal and educational purposes¹⁰. However, among the participants, the utilization of WhatsApp for instructional functions was restricted.

Educators Role in using WhatsApp

Some of the facilitators of WhatsApp by educators in colleges and Universities are

- Promote learning and study teams through employment of cluster chats.
- Prepare audio lessons and send to students
- Students will stay connected even though they are outside the schoolroom
- Send school assignments when the students are not in the classroom
- Parents can be in touch
- Send graphics like footage or charts to the students
- Progress record of academics of students are sent on to the parents' phones
- Facilitate period of communication between students and lecturers.
- Educators can even maintain communication with students.

Some of the reasons why educators need to use WhatsApp within the classroom or learning environment and beyond:

- It permits free unlimited electronic messaging
- It will be used directly over the web via WhatsApp internet
- WhatsApp will be used on Wi-Fi without a data plan.
- Unlike some electronic messaging solutions, WhatsApp will be utilized to send videos, audio messages, and images.
- WhatsApp could be a cross platform solution.
- WhatsApp will be accustomed to reach students through the technology they are most aware of their phones
- WhatsApp can be used to reach students and parents who do not utilize different communication strategies, like landline telephones and email
- WhatsApp is incredibly price effective

Conclusion

Educationists, administrators, medical professionals, psychiatrists, psychologists, and other health care professionals should work together to create awareness on warning signs of whatsapp addiction and refer them for the early treatment. Scientific community needs to become actively initiate to seek remedial measures towards this new generation addiction disorder and there is a need to conduct deeper research before it affects an outsized population of the world, if not it will be on the top of the list of global burden of diseases.

Acknowledgement

The authors thank the Deanship of Scientific Research/ Princess Nourah bint Abdulrahman University, Riyadh, Kingdom of Saudi Arabia.

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