Social Networks and Its Effects on The Learning of Vietnamese Students Today

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Abstract

In today's explosive era of information technology and the Internet, social networks are penetrating profoundly and substantially impacting students' learning activities.Social networks have become a valuable means for young people to build, maintain and develop social contacts, thereby expanding the network of social relationships. Participation in social networks has helped young people express their attitudes, views, and behaviors; orientation of self-values in many areas of life, from work, study, and entertainment. Besides the positive aspects, participating in social networks also causes many adverse effects. This article analyzes the current situation of using social networks for learning activities, and the results show that social networks need more caution to balance learning and other fields in life.

Keywords: advantages, disadvantages, social networks, study, student

Introduction

Today's social network is a phrase that is no longer too strange for us. Today, hardly anyone does not use a social network; it has become popular and is becoming even more popular. In particular, social networks seem to have become a very familiar thing for many teenagers, especially in big cities. However, that familiarity has not wholly brought about a positive meaning as it should have been (Duong, 2014). The problem is not only one-sided from the side of evil influences that the press has talked about a lot such as depraved websites, pornographic chats, nudity of celebrities, etc., but the core problem is also that teenagers have been and are to lack orientation to know and see the need to exploit the positive aspects of the virtual world Renold et al., (2017).

Literature review

The article "Research on human behavior of using Facebook - a new challenge for modern psychology" by author Dao Le Hoa An has shown that the use of social networks is now a necessity when but with the rapid development of technology and the Internet, access to Facebook has become more accessible. Moreover, the attraction is growing with what appeals to young people and its benefits. However, the abuse of social networks has been leaving many unintended consequences and harms. This is also the director of the research team when carrying out the topic, studying Facebook from a psychological perspective to better understand the use of social networks (An, 2013).Previously, in 2011, the

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study of Cheung et al. also presented a similar view.

Author (Hau, 2017), with the article "Social network with the lifestyle of young people in Ho Chi Minh City". The article mentions the emergence of social networks with diverse features, rich sources of information that have allowed today's users to receive, share, and select information easily. It helps to enhance the role of each citizen in creating relationships, shared interests in communities, promoting the association of social organizations. The author has clearly stated the influence of social networks on the lifestyle of young people in Ho Chi Minh City today, through understanding the needs, purposes, and forms of using social networks, contributing to helping young people to improve their use of social networks (Hoa & Nguyen, 2016). According to Hoa (2016), in her scientific journal "The impact of social networks Facebook on students today", it was stated that social networks are a connection between individuals and individuals. The relationship between the individual and the community is expressed to perform social functions. In addition, according to Golub (2017), social networks play a huge role in everyone's learning in general and students in particular.

According to Gómez et al.,(2017), the internet appears to help individuals express their sexual and gender selves with others; in clinical cases, analyzes have shown that the Internet negatively changes relationships. Life, family, study, work, etc. make teenagers have false perceptions about gender, sexual behavior, and relationships.

Status of using social networks in Vietnam

In recent years, social networks have become indispensable spiritual food for young people, especially students. Like blogging or diaries before, social networking is creating a trend, with a massive list of people to join. With a rich source of information, users of social networks can quickly receive, share and select information effectively and overcome obstacles in space and time. Moreover, social networks have influenced the lives of young people a lot (An, 2013).

Study "Student and social network Facebook: An analysis of social capital evolution." (Survey at University of Social Sciences and Humanities and Academy of Post and Telecommunications Technology) by Duong (2014), the article has pointed out some effects of Facebook on the progress of social capital of current students (Cong, 2011). Facebook affects the lives of students in many areas. Students are often affected by information on Facebook in all aspects of economy, politics, culture, society, learning. etc. However, depending on the information, there are different levels of influence and impact on each student. First-year students are more affected by information on Facebook than final-year students. Besides the positive aspects, the use of Facebook will create negative consequences for students' real life such as: reducing the ability to communicate in real life, being easily influenced by online opinions, reducing the ability to handle situations, difficult to share their

problems in reality; interaction in the virtual world can blur the natural person, affecting the psychology as well as the real person (Hau, 2017).In addition, according to Nguyen et al., (2020), bullying relationships originating on social networks have also contributed to self-harm behaviors, even suicide in young people. Vietnamese teenagers.

The benefits and harms of using social networks

The emergence of social networks with features, rich and diverse information sources has entered the lives of netizens. With diverse functions leading to an increasing number of members, the Internet has in some ways changed habits, thinking, lifestyle, culture, etc., part of today's youth. Young people with diverse psychological development characteristics have their own needs, are active recipients of scientific and technical advances, and are also influenced by audio-visual media in both positive and negative areas (Goodyear et al., 2018).

There are benefits that social networks bring for students, such as using them in learning, communicating, and looking for career opportunities. Students through social networks link and cooperate into groups of people with similar interests, interests, and aspirations positive meanings such as organizing charity activities on the occasion of Tet holidays, helping street children, organizing healthy cultural activities; many groups share tourism interests combined with charity work in remote border areas, etc. Not only that, many students from different universities across the country have set up pages to help each other learn English or specialized subjects. This is one of the channels to help them improve their learning efficiency, share knowledge and documents (Hoa & Nguyen, 2016).

However, besides the positive aspects, the use of social networks also causes adverse effects for students. Social networks have distracted many students from studying and participating in beneficial extracurricular activities of the school or society (Khalid, 2017). Students' self-study time is reduced due to spending too much time on activities on websites (according to Tan, 2019). Social networks also have potential risks when private information, content, and images are posted online to share with relatives, friends, etc. However, bad actors are accidentally taken advantage of and used for another purpose wrong target (Acquisti & Fong, 2020), or unconscious and irresponsible social network users post lousy information online, which negatively affects students' thinking. All of these issues harm students' lives and studies.

Methodology

This article was completed based on a survey of 31 students of FPT University. The survey results will be compared and analyzed after being completed from November 3 to 15, 2021.

Results and discussion

Research results show the behavior of using social networks of FPT University students. In order to find out the current status of using social

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networking sites by FPT University students, we asked the question, "How are you using social networks?" The results obtained are as follows:
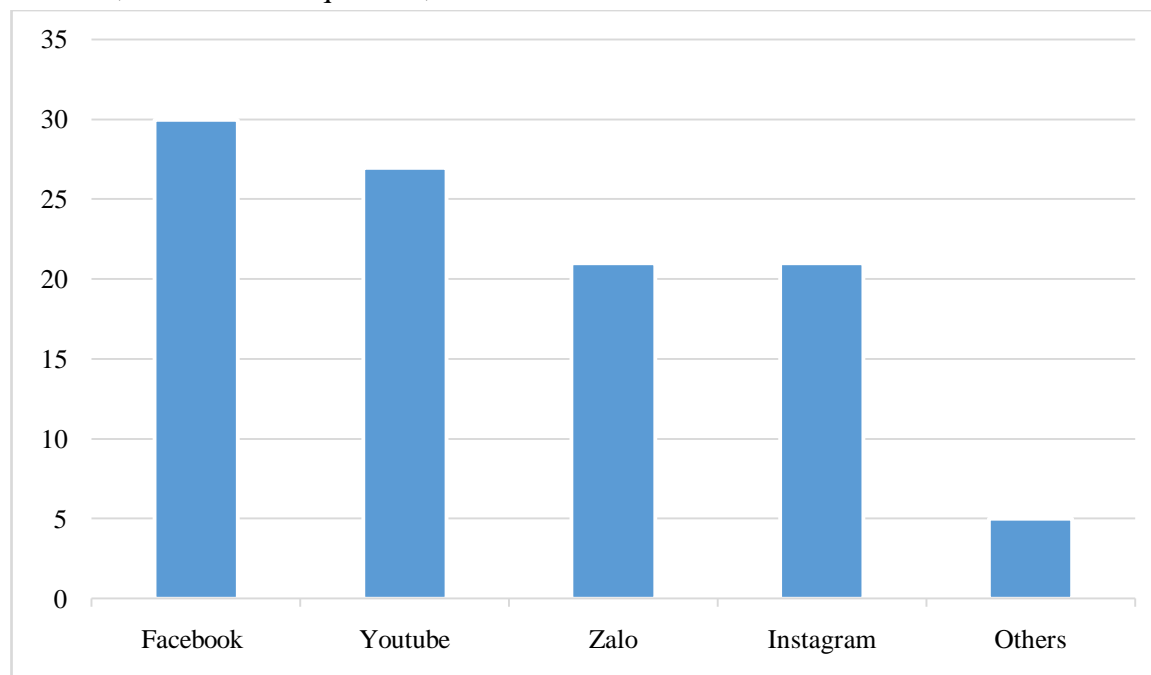

Figure 1.Level of use of social networking sites by students of FPT University

The figure above shows that Facebook is the most chosen social network by students with (30 students), second is Youtube network (27 students), third is Zalo and Instagram social networks. 21 students), other social networking sites account for at least (5 students).With Facebook, almost all students are using it (30/31 students). Although born for a short time, especially social network Facebook with outstanding features, high interactivity, and ease of use, this social network has become one of the most popular and loved young people in Vietnam. Especially young and dynamic people who want to express themselves to make friends on social networks, Facebook seems indispensable for every young person. (Figure 1).

Table 1. Sources to know about social networks

No.	Source	Quantily	Ratio (%)	Rate
1	On the Internet	16	53,3	1
2	Advertisement	1	3,3	4
3	Friend advise	11	36,7	2
4	Books and newspapers	0	0	5
5	Other souces	2	6,7	3

The above data shows that when asked where they know social networking sites from, out of 31 students, 16 students answered that it was the Internet, accounting for about 53.3%. With the vigorous development of technology today, the Internet is a vast

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information channel for students to know. Up to 36.7% of students know about social networks introduced by friends. With a living environment with many friends by their side. This is also understandable when they know.

In contrast, "advertising" accounts for 3.3% and "books" accounted for 0% according to the survey, these are the two sources that students know the least. Through this, it can be seen that it is relatively easy for students to learn about social networks and can be found anywhere with the current development of technology (Table 1)
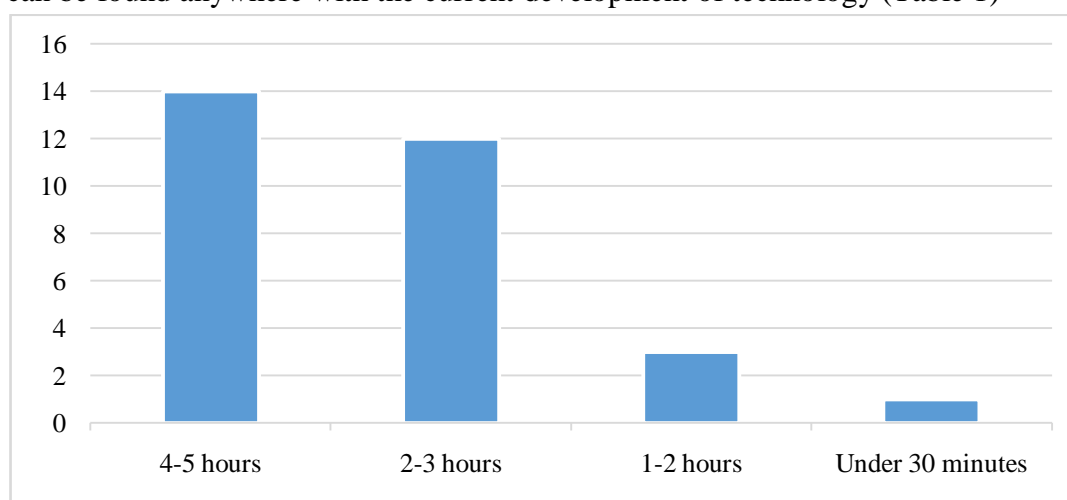

Figure 2.The amount of time you use social media in a day.

The survey results show that during the time of using social networks in a day, all 31 students participating in the survey use social networks. The period from 4 hours to 5 hours/day, accounting for 45% of the total number of students participating in the survey (14 students). Meanwhile, up to 38% of students (12 students) on average spend 2-3 hours a day on social networks, and only 10% of students spend 1-2 hours on social networks, only 1 student member (3%) spend less than 30 minutes on social networks. Thus, it can be seen that FPT University students, on average, spend much time on social networks a day.
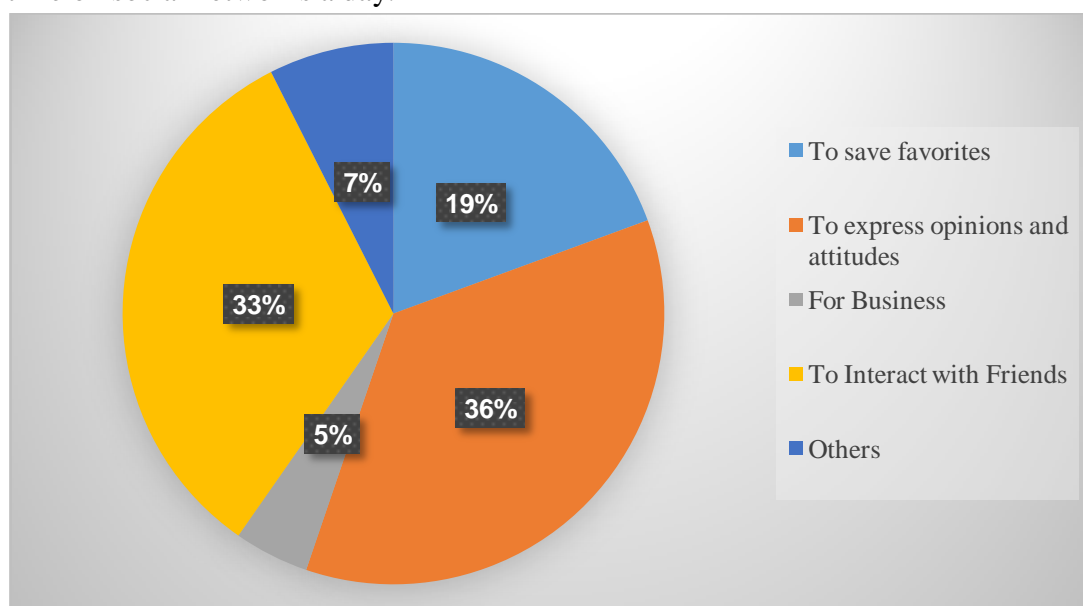

Figure 3. The purpose of using the "like" button by students of FPT University

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To use social networks to connect friends, maintain relationships with relatives. Students need to contact them regularly and need constant interaction to maintain those relationships. The "like" button is the most used and highly effective means to maintain those relationships. The research results show that students press the "like" button to interact with friends, accounting for 33%; in addition to the above purpose, students also use it for other purposes such as saving favorite pages. This purpose-oriented object is "fanpages", groups to monitor and update information that students are interested in. The following purpose is to express their opinion; their attitude accounts for 36% of the sharers posted on Facebook; it can be the posts of friends or any other object other than the social network's name.

Solutions

Young people have a large and diverse social network, in which the exchange and interaction are not only through social networks but also in real life. With the undeniable benefits of social networks, the shaping of social network development needs to be appropriate. In the current context, prohibition is not a viable management solution because it is contrary to science and technology development laws (Kayes & Iamnichi, 2017). Therefore, we need to see social networks with their positive sides to promote the advantages, and this is also a way to limit the negatives of social networks.

For students themselves, they need to be aware of the benefits and harms of social networks so that they can choose the right websites and time to use them (Duong, 2014). Each student should participate in many extra-curricular activities organized by the School, Faculty, Union, Association, gather friends, collective cooking class, travel, etc. In addition, students need to raise awareness when participating in social networks to get the most effective in learning and entertainment and should be careful with their statements when posting or sharing content on social networks, avoid hurting others, and at the same time do not let others misjudge them. Trust gained from networks on social networks is not absolute, especially for new acquaintances that appear and have little interaction both on social networks and in real life (Hoa & Nguyen, 2016). Meanwhile, the support to create benefits in the network in general and its links is still not adequate. This also challenges management policy's management in building a legal corridor to have appropriate sanctions (according to Allan, 2017).

Parents should not prevent students from participating in social networking sites because the more banned, the more curious the children will be. Therefore, it is advisable to orient and join their children and control harmful content on social networks. At the same time, it is necessary to select a healthy and helpful information channel to guide their children on what to learn and play, clearly explain why not and demonstrate the harmful effects of insufficient information, explain in detail, etc. Parents need to

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monitor and control time, such as letting their children play at a fixed time, websites that young people often use, to raise their vigilance when using social networks. Besides, parents need to create for their children natural playgrounds for them to assert themselves, such as registering for extracurricular classes for their children to participate in, practicing sports with their family, creating opportunities for their children to participate in other activities.

In addition to raising awareness in using social networks through educational propaganda from families, schools, and society, each student needs to be self-aware in using social networks so that most effective in learning. Students need to raise their awareness when participating in social networks to get the most out of their studies and entertainment and should be careful with their statements when posting or sharing content on social networks, avoid hurting others, and, at the same time, not letting others misjudge them.

Conclusion

It can be seen that social networks play an essential role in life and greatly influence the learning process and psychological life of FPT University students. Especially in the period of globalization - modernization, social networks have made learning effective, and it is also gradually becoming a close friend of students. Therefore, most students randomly participating in the study use social networks and believe that social networks play an essential role in their lives. Through research, the social networking sites that students often use are Facebook, Zalo, Youtube, etc.; social networks play an important role in life and greatly influence the learning process and psychological life of students of FPT University. The behavior of using social networks of university students is influenced by many factors, in which subjective factors such as "perceptions, attitudes and psychological characteristics of age" play a decisive role, and the Objective factors such as "living environment, technical means" play an essential role. As we know, the formation and implementation of behavior using social networks is a long and complicated process, influenced by factors such as age characteristics, technical means, and living environment. of students.

Limitation of research

This article is written from an objective point of view based on the results and documents of the researchers. Because the number of students participating in the survey is not much, many other objective opinions have not been clarified yet. The in-depth articles on this issue are really not enough to complete this article better.

Acknowledgement

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