

## Understanding the Challenges of Social Media Users: Management Students' Perspectives in Two Asian Countries

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**Abstract** The primary objective of this study is to discover the challenges faced by social media users. To this end, the researchers first designed a scale and then asked 272 individuals from Indonesia and Oman to take it. Frequency, percentile distribution, and weighted mean were used to analyze the data qualitatively. The findings reveal that the respondents in two countries spent five hours on their social media, and with its use, they got more than one hundred online friends. Facebook and YouTube were found to be the most common social media platforms used by the two groups, and keeping in contact with their family and friends was the reason that was common to them. While Indonesian respondents highly rated the majority of the positive effects of social media use, the Omani respondents showed that the use of social media affected a lot on their sleeping patterns. In closing, the two groups of respondents had common ideas in some of the indicators utilized in this study.

**Keywords:** Social media, Reasons, Dependence, Positive and negative effects, Asian countries

### 1. Introduction

What the present days offered to us precisely in the distribution of information is never in our experiences. Today, the easiest and most specific way to disseminate a full-size wide variety of information, with pleasant and less worrying strategies to spread, is through social media platforms. The responses that the users received are noteworthy since they can be achieved with fewer expenses and in just a few minutes, hours, or less than a day at the most. An actual description of how easy it is may be visible with the summit of information on the Web and internet-based media facts and arguments in China way back earlier in 2019 when the frequency of Coronavirus cases appeared to have widespread contamination. The correspondence with beloved ones lessens the feelings of separation and weariness, which have been associated with anxiousness and lengthy haul problem, thus, instigating a tremendous impact on the diminishing of mental health. Social media platforms have helped the public to hold up their self-worth. The maximum excellent quality of social media platforms ranges enormously high during this pandemic time. The dispersal of agreements between public officials worldwide and even private individuals can happen quickly. The bonds are a valuable remedy to reduce the feeling of being alone

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and isolated because of the spread of Coronavirus. The virus reduces people's ability to create gatherings in person; thus, people resorted to social media platforms.

In the present time, among the most typically applied sources of some particular issues are social media platforms. These platforms are never known before around the globe. There are no fast rules that we could stipulate regarding the effects of social media. To grasp the purpose of this paper, the researchers gathered information and tailored this information to produce a set of indicators accordingly to suit the intended respondents. The researchers constructed the different indicators from their readings of the online articles by Parrack (2017) and Zhukova (2018), and the other sections of this study were patterned from a survey questionnaire published online (Social Media Survey Questionnaire, 2012). Gender was also considered in this study. This research was conducted to determine the primary social media platform used by the respondents, reasons for using social media, level of dependence on social media, and positive and negative effects of the use of social media. Furthermore, this study desires to enlighten the minds of social media users.

## 2. Theoretical Framework

### 2.1. Positive Effects Indicators

It looks like that even at this time, social media is not for all. However, it cannot be denied that most people are engaged in this kind of activity. Some questions arise from different angles, and people's minds might say whether this social media brings good or bad effects to the users (Parrack, 2017). Through social media, a great feeling is certainly experienced; it is perceptible in how the individual communicates and shares in the virtual world. Specifically, social media users can remain to keep in touch with friends far and near and even those who have no chance of getting to see physically as frequently. Additionally, it is significant to consider that while directly exchanging messages, it permits continuous contact. In a more profound sense, spending time in friendships can be an essential intention while keeping positive feelings about it. At the end of the day, the bottom line is human relations practices (Décieux et al., 2019).

Aligned with the values in pleasures, tech-trend fits, and media reliance, people, develop an integrative emergence of common interest called Social Media Dependency. Communication is the most crucial intention in social media dependency aside from seeking relevant information of one's interest. It suggests an extrovert attitude of a person raises potential concerns regarding the existence of sharing some factual issues. In a particular study (Butkowski et al., 2020), it was stated that females dominated the Instagram social network. Furthermore, ladies who include and amplify expressions in "selfies" tend to have additional comments. It is understood that gender labeling in social media, specifically in 'Instagram selfies' is linked to highlighting reaction and indicates a quicker extent relevant to gender preferences generating content. Women and young social media users have higher expectations of reliability and trust and expect others to show responsiveness and goodwill (Warner et al., 2018).

Wolff (2021) declared that among the worldwide known social media platforms, namely Whatsapp, Instagram, and YouTube, the latter is the most commonly used social media network in Indonesia. The rise in Indonesian social media users is expectedly brought by the growing affordability of internet connectivity and gadgets like smartphones. Social media, according to Indonesian, are the most valuable ways to interact with families in isolated locations, allowing them to constantly connect with contacts while keeping them informed about the daily newscast. There are observations that the congestions or queue delays in big cities are associated with the act of enjoying the use of social media platforms. In addition, social media negatively influences users, specifically Indonesians, who are vulnerable to online fraud. Thus, in 2019 the government restricted the citizens from accessing popular social media platforms.

The Center for Statistics and Information published a survey whose result shows that an average of six hours every day on social media platforms was observed among Omanis. In addition, the research indeed showed the distribution of media platforms amongst diverse public sectors. This widespread

prevailing social media network can have uninterrupted and indirect benefits, equally to individuals and the citizens. This can probably bring potential challenges that involve research to expound on and deal with solutions to reduce harmful implications (Al-Kindi, 2019).

*Getting more friends* is one of the positive effects of using social media. To have friends from thousands of miles away is no longer impossible. This is the product of social networking websites. Yang (2021) articulated that social media is a new way of building a close bond relationship, specifically friendship. Though it is usually done virtually, it is possibly easy to keep in touch with friends. Making new friends would likely be probable through text messaging, private or direct messaging, and even as simple as clicking "like". Although this cannot be a more meaningful friendship or bonding instance, the users' satisfying moments during their leisure hours are valuable. Most young generations perceived social media actions as not essential for their relationship but as an artless and relaxed chance for friendship-driven activities and to support links of existing companionships. Inclusively, the connections among youth improved due to this so-called technology at a distance. They considered it a helpful way that offers the opportunity for comfortable interaction either physically or via social media networks (Awan & Gauntlett, 2013).

Later, social networks sprang up, and the entire idea of friendship changed. In the present, young individuals utilize their leisure time through social interactions. The existence of social media changed the traditional activities of the young ones about making friends and connections. Some researchers (Décieux et al., 2019) argued that offline interactions are still essential to young individuals but were supplemented and partially changed by interactions through social media. The widespread technological improvements brought social media networks into the global sphere. This occurrence has particularly moved and changed the patterns of communication. As advanced by other researchers (Mahmud et al., 2018), computer-facilitated interactions, mainly social media, became the commonly desired medium of communication by students, which opted them too reliant on social media. Consequently, it impacts the actual quality of communication done face-to-face. The findings of their study revealed that students depend on social media since they can express themselves differently and with less shyness. Through regular use of social media, distant relationships are becoming more assertive, extending the value when face-to-face interaction occurs. The increasing option to rely on social media resorted as individuals want to become active in social contexts.

Lima et al. (2017) found that only the face-to-face number of friends had a significant positive effect on well-being. The term well-being is defined as the state of being comfortable, healthy, or happy. In addition, based on the result of their study, they have observed that the increase in the number of Facebook friends was associated with a significant decrease in well-being. Furthermore, they have found out that the adverse effects on the well-being are mainly on the middle-aged females in their sample respondents. After a decade, the previous study's claim was strengthened by another study by saying that "face-to-face friendships present a clear link to well-being". There was no absolute declaration that health is negatively affected to the fullest extent by online friends. Thus, it can be concluded that the two studies supported each other for some time.

*Empathy from people on the outside* is the second indicator considered in this study about the positive effects of using social media. Today, people spend a nearly long period on social networking websites, sharing their lives with people they assume will care about them. Social networking websites can act as a shape the group treatment session. The third indicator used in this study is *speedy communication with family members and friends*. Every person's day-to-day life is getting shorter due to our job and other relative commitments. However, social networking websites offer speedy communication. Writing an update for Twitter takes a few seconds, and with copy and paste to different social networks switched on, that update reaches each person you want it to go to and probably more quickly. Furthermore, social networking internet websites allow the person to live with unconstrained talking. *Keeping in touch with the world* is the fourth indicator used in the study to measure the positive effects of social media. Social networks have the power to open the world of communication to as many as the person wants. It makes the world smaller since wherever a person is, he can be contacted through social networking sites as long as there is an internet connection. When it comes to social networks, every person is alike, no

matter their location. *The building of relationships* is the fifth indicator used in the study. Social networks can position a person in contact with people with familiar feelings, sentiments, opinions, and thoughts. And with that commonplace place for them is the social networking site which is frequently the starting point for prolonged-lasting relationships. The sixth indicator to measure the positive effects of social media is *finding common ground in an open society*. Social networking sites allow a person to find another person he believes meets what he is looking for.

## 2.2. Negative Effects Indicators

There were seven negative effects indicators utilized in this study. One of these is *Depression and Anxiety*. They affect the mood and reduce mental health and psychological distress. Spending too long on social networking websites can adversely affect mood. In truth, it is more likely to file terrible mental health along with symptoms of hysteria and melancholy. The second indicator of negative effects of the use of social media is *Cyberbullying*. This occurs when someone frightens or upsets others by sending unpleasant messages. Before the existence of social media, bullying became something best-executed face-to-face. However, in the present, someone may be bullied online anonymously. The third indicator of negative effects of the use of social media is *Fear of Missing Out (FOMO)*. The users are scared of missing positive experiences and emotions that someone else is getting. It is one of the maximum expected terrible consequences of social media. FOMO is a shape of hysteria that one gets while one is terrified of missing out on a splendid enjoyment or feelings that someone else is getting. This fear is continuously fueled by social media engagement. The fourth indicator is *Unrealistic Expectations in life or friendships*. In this indicator, social media users display unrealistic expectations in life or friendships. In this era, social media could assist in meeting impracticable beliefs in life and friendships.

*The negative Body Image* is the fifth negative effect indicator for the use of social media. In this indicator, the social media user is conscious of how one looks different from others. In the present time, some genders consider their physiques an issue. *Unhealthy Sleep Patterns* are the sixth negative effect indicator for the use of social media. This indicator signifies the social media user's irregular or poor sleep patterns. It was further affirmed that aside from the high level of anxiety and depression, too much time used on social media can prompt poor sleep. Numerous studies have shown that increased use of social media hurts a person's sleep quality. Lee (2015) said that six out of ten cellphone owners at ages 18 to 34 revealed that they slept during the night with their mobile phones next to them to avoid any missed calls, messages, and other information.

The seventh indicator of the negative effects of the use of social media is *General Addiction*. The user feels empty and depressed that social networking platforms will completely disappear one day. Online media is regularly portrayed as being more habit-forming than cigarettes and liquor. In addition, when it comes to the most noticeably terrible web-based media applications are Facebook, Instagram, and Snapchat. It was mentioned by Zhukova (2018) that in case a person has observed that he became dependent on social media, it is not worth worrying about since he is not alone. Many people are now addicted to social media at different levels. She added that there is no need to get away from social media, but if one person thinks that is the best remedy, he has to follow the mandate of his mind and heart.

## 3. Methodology

### 3.1. Participants and Setting

The respondents of this research come from two different countries. One is Indonesia, and the other one is the Sultanate of Oman. Table 1 displays the gender of the respondents. Two hundred twenty-two individuals participated in this study.

**Table 1**  
*Respondents' Gender*

Country	Male		Female	
	Frequency (F)	%	Frequency(F)	%
<b>Indonesia</b>	32	.24	104	.76
<b>Oman</b>	120	.88	16	.12

It can be observed that there are more female respondents (76%) in Indonesia as compared to the male who participated in this study. On the other hand, more male respondents (88%) in Oman than females. This gives the impression that there are more female than male students in Indonesia, while there are more male than female students in Oman.

**3.2. Procedure**

The gathered data results are calculated using frequency and percentile distribution, more specifically in the interpretation of the gender of the respondents, hours spent using social media, and the number of friends. A weighted mean is used regarding the primary social media platform used by the respondents, reasons for using social media, level of dependence on social media, and positive and negative effects of social media use. A numeric value (1 to 4) is assigned with its corresponding hypothetical mean range of measurement (1.00 to 4.00) in interpreting the gathered data. On the issue regarding the primary social media platform used by the respondents, the qualitative scales and its verbal interpretation are: rarely - the respondents insignificantly use the said social media; occasionally - ... sometimes used by the respondents; most of the time- ... extensively used by the respondents; always -... the leading social media used by the respondents. Meanwhile, for the issue related to the primary reason for using a social media platform, this is measured by the qualitative scales and its verbal interpretation as follows: less critical- this means that the cause is not much relevant to using social media; reasonably necessary - ... relevant to use social media; extensively important - ... very relevant reason to use social; exceptionally important- ... extremely relevant (primary) sense to use social media as revealed by the respondents. In addition, the qualitative scales and their verbal interpretation of the issue related to the respondents' level of dependence on the use of social media are: rarely - means that the respondent's reliance on social media is at a very infrequent time; often - ... at sometimes; very often - ... at most of the time; always - ... at all times. Furthermore, as regards the determination and analysis of the positive or negative effects of social media, the qualitative scales and its verbal interpretation are: less extent – positive/negative effect is felt by the respondents at the rare time; less great extent - ... at sometimes; great extent - ... at most of the time; very great extent - ... at all times. Prior to collecting the data, the researchers asked permission from the head of the office of the faculty. After the granting of consent, they administered the questionnaires to the respondents. The researchers then collected the answered questionnaires. It was tallied and analyzed.

**4. Results**

Table 2 highlights how many hours the respondents spent using social media in a day. Based on the respondents' answers, it is clear that more respondents spent 1 to 5 hours of their time a day using social media in the two countries. However, the Omani respondents show that more than fifty percent (.57) of them spent 1 to 5 hours a day on social media.

**Table 2**  
*Number of Hours Spent Using Social Media*

Country	1-5		6-10		11-24	
	Frequency (F)	%	Frequency (F)	%	Frequency (F)	%
<b>Indonesia</b>	63	.46	49	.36	24	.18
<b>Oman</b>	77	.57	44	.32	15	.11

The respondents manifested in Table 3 the estimated number of their friends on social media. The result shows that the respondents revealed that they have more than one hundred friends on social media in both countries.

**Table 3**  
*Number of Friends on the Social Media*

Country	1-25		26-50		51-75		76-100		More than 100	
	F	%	F	%	F	%	F	%	F	%
<b>Indonesia</b>	4	.03	4	.03	5	.04	9	.07	114	.83
<b>Oman</b>	33	.24	20	.15	8	.06	16	.12	59	.43

Analyzing what was manifested by the respondents in Table 3 regarding the lesser number of hours (1-5 hours) that they spent using social media. The revelation regarding the number of their friends, as shown in Table 3, would seem unlikely to happen since it would take long hours for a person to talk with numerous people on social media to get several friends. In Table 3, eighty-three percent (.83) of the Indonesian and forty-three percent (.43) of the Omani respondents revealed that they have friends on more than one hundred social media they are using. Table 4 shows the results related to respondents' perspectives on the social media platform. The result displays that both respondents used the same social media platform; however, they do not have the same degree of perspective.

**Table 4**  
*Perspective on the Use of the Social Media Platform*

Social Media Platform	Indonesia		Oman	
	( μ )	Qualitative Description	( μ )	Qualitative Description
<b>LinkedIn</b>	1.53	Rarely	1.88	Occasionally
<b>Instagram</b>	3.48	Always	3.18	Most of the time
<b>Wikis</b>	2.51	Most of the time	1.85	Occasionally
<b>Blogs/vlogs</b>	2.36	Occasionally	1.74	Rarely
<b>Facebook</b>	2.09	Occasionally	1.99	Occasionally
<b>Twitter</b>	1.75	Rarely	2.29	Occasionally
<b>YouTube</b>	3.57	Always	3.31	Always

The respondents from Indonesia demonstrated that the leading (Always) social media platforms are Instagram and YouTube. However, they revealed that YouTube has the highest weighted mean ( $\mu = 3.57$ ); thus, this is the leading social media network used by Indonesian respondents. This study's result is similar to the research conducted recently in 2021 by another researcher (Wolff, 2021 ) since that study declared that YouTube is the most commonly used in Indonesia. On the other hand, the respondents from Oman manifested that Only YouTube is their leading social media platform, and they use Instagram only extensively (most of the time). This means that although the two groups of respondents have the same choice of their social media platform, they do not have the same degree of perspective. They also vary in their view on using other social media platforms, as presented in Table 4. The Indonesians insignificantly (Rarely) use two social media platforms (LinkedIn and Twitter). At the same time, the Omanis revealed only one of these, which they insignificantly (Rarely) use, and this is the Blogs/vlogs. For the Omanis, they use four (LinkedIn, Twitter, Wikis, and Facebook) of this platform sometimes (Occasionally); however, the Indonesians use only two (Blogs/vlogs and Facebook) with the same perspective, and Wikis for them is extensively used (most of the time). The most common social media platforms that the two respondents use are Facebook and YouTube. Table 5 reveals eight reasons listed for them to rate which one is the prime reason for using social media.

**Table 5**  
*Perspective on the Primary Reasons for Using Social Media*

Reasons for using a Social Media	Indonesia		Oman	
	( $\mu$ )	Qualitative Description	( $\mu$ )	Qualitative Description
Keep in contact with family and friends	3.46	Exceptionally Important	3.04	Extensively Important
Meet new people	3.11	Extensively Important	2.71	Extensively Important
Find old friends	3.35	Exceptionally Important	2.68	Extensively Important
Keep the interaction with current business contacts	3.34	Exceptionally Important	2.66	Extensively Important
Share pictures, videos, and games	2.94	Extensively Important	2.57	Extensively Important
Promote business	3.34	Exceptionally Important	2.66	Extensively Important
Promote ideas	3.25	Extensively Important	2.71	Extensively Important
Make new business contacts	3.24	Extensively Important	2.53	Extensively Important

The Indonesian respondents rated four of the eight reasons as *Exceptionally Important*. This signifies that these four reasons are the primary reasons for them using social media; however, among the four they used, they manifested that keeping in contact with family and friends is the foremost of all the reasons. On the other hand, the Omani respondents revealed that all the reasons listed are *Extensively Important*, which means they are very relevant reasons for using social media. Still, none of them are considered exceptionally important. The Omani respondents also considered keeping in contact with family and friends as the most relevant reason of all the listed reasons. The two groups of respondents show different degrees of perspective, but they pointed out one common reason for using social media: keeping in contact with family and friends. This indicates that social media makes their ties with family and friends constant and uninterrupted. Table 6 displays the viewpoint of the respondents concerning the level of their dependence on social media.

**Table 6**  
*Perspective on the Level of Dependence on Social Media*

Because of social media	Indonesia		Oman	
	( $\mu$ )	Qualitative Description	( $\mu$ )	Qualitative Description
I missed my meal, medication, or sleep.	1.79	Often	1.94	Often
I ignored a responsibility because of social media	1.80	Often	2.22	Often
I said 'no' to a family event or activity because of social media.	1.34	Rarely	1.85	Often
I use my mobile phone even when traveling.	1.91	Often	3.00	Very Often
Someone has commented on the amount of time I spent.	2.04	Often	2.50	Often

Based on the results, the Indonesian respondents demonstrate that their dependence on social media is *Often* in four (see Table 6) of the five given instances. These instances are the Nos. 1, 2, 4, and 5. This means that *sometimes* they are dependent on social media; however, in one of the instances, the Indonesian respondents established that it is *rarely* that they said no to a family event or activity because of social media. This signifies that it is at a *very infrequent time* that social media impedes them from attending family events or activities. Meanwhile, the Omani respondents revealed that they are *often*

dependent on social media in four (see Table 6) of the given instances. These instances are Nos. 1, 2, 3, and 5. This means that Indonesian respondents are sometimes dependent on social media in the mentioned instances; however, the Omani respondents show that *they often use their phones* while traveling. This means that they are most dependent on social media, even when traveling most of the time. At a glance, the respondents have slightly different viewpoints regarding their dependence on social media. The two groups of respondents rated three out of the five instances at the same level of reliance on social media. This means that the respondents have the same level of dependence on social media in most instances. Their dependence varies only in two of the five cases. The two cases are vital in a man's life since if these are not managed prudently, they will result in some difficulties or danger in one's life. The Omani respondents revealed that they *Often* say no to a family event or activity because of social media, while on the other hand, Indonesians showed they say it *Rarely*. Social media is a good source of relationships, but if the dependence on it would become, often it may cause strained relationships. In addition, the Omani respondents show in their responses that they use their mobile phones even when traveling *Very Often*, while the Indonesian respondents said they do it *Often*. It is a fact that nowadays mobile phones are helpful to every person when traveling. The result manifested by the respondents reasonably agrees with the study published by Yixiao et al. (2019). However, it should always be remembered that too much dependence on it may result in difficulties or danger. In the modern world, people rely on their mobile phones; their files are saved in it or any vital records, personal or work. When a mobile phone is misplaced or lost, this will cause a big problem.

The six indicators listed in Table 7 are the preferred effects of social media. They are used to measure the respondents' perspectives related to the extent of the positive effects of the use of social media. Statistically speaking, all the respondents in this study expressed that they feel the positive effects at *Great Extent*. This means that most of the time, they felt the positive effects of the use of social media; however, there are slight differences spotted in the extent of their expressions, as shown in the tabulated results. The Indonesian respondents claimed that in indicator numbers 1, 3, 4, and 5, they felt the positive effects to a *Very Great Extent*. On the other hand, the Omani respondents manifested that in these four indicators, they thought that the positive results were only, to a *Great Extent*, a degree lower than what was expressed by the Indonesian respondents.

**Table 7**  
*Perspective on the Positive Effects of Social Media*

Positive Effects Indicators	Indonesia		Oman	
	Item Ave. ( $\mu$ )	Qualitative Description	Item Ave. ( $\mu$ )	Qualitative Description
Getting more friends	3.38	Very Great Extent	2.93	Great Extent
Empathy from people on the outside	2.65	Great Extent	2.58	Great Extent
Speedy communication with family members and friends	3.61	Very Great Extent	3.06	Great Extent
Keep in contact with the world	3.48	Very Great Extent	2.99	Great Extent
Building relationships	3.29	Very Great Extent	2.80	Great Extent
Finding common ground in an open society	3.00	Great Extent	2.60	Great Extent
Factor average	3.24	Great Extent	2.83	Great Extent

The result signifies that for the Indonesian respondents, most of the indicators mentioned are felt by them at all times, which shows a clear difference in how the Omani respondents felt. This means that the Indonesian respondents felt more about the positive effects of the Omani respondents' social media. The former felt that speedy communication with family members and friends is the number one indicator that gives them the maximum positive effects. The latter expressed that they think all the six

positive effects indicators *most of the time*. The Omani respondents displayed feelings lower in degree than the Indonesian participants in the said indicators.

In Table 8, seven indicators are related to the negative effects of social media. The result highlights the respondents' responses regarding their perspective on the extent of the negative effects of the use of social media. In general, it is revealed by the two groups of respondents that the negative effects of social media, as felt by them, were of the same degree. They manifested that their negative effects are a Great Extent; however, the negative indicator that affected most in each group varies. This means that one group's perspective on what indicator affects them to a Very Great Extent is different from the other group's viewpoint. The Indonesian respondents declared that they felt indicator No.3 affects them to a *Very Great Extent*.

**Table 8**  
*Perspective on the Negative Effects of Social Media*

Negative Effects Indicators	Indonesia		Oman	
	Item Ave. ( $\mu$ )	Qualitative Description	Item Ave. ( $\mu$ )	Qualitative Description
Affects the mood, reduces mental health, and causes psychological distress	2.82	Great Extent	2.53	Great Extent
Someone frightens or upsets others by means of sending unpleasant messages	2.54	Great Extent	2.34	Great Extent
Scared of missing positive experiences and emotions that someone else is getting	3.33	Very Great Extent	2.57	Great Extent
Displays unrealistic expectations in life or friendships	2.56	Great Extent	2.51	Great Extent
Consciousness about how one looks different from others	2.98	Great Extent	2.52	Great Extent
Irregular or poor sleep patterns	2.96	Great Extent	3.43	Very Great Extent
Feel empty and depressed that one-day social networking platforms will completely disappear	2.52	Great Extent	2.57	Great Extent
<b>Factor Average</b>	2.82	Great Extent	2.64	Great Extent

Meanwhile, the Omani respondents said that at *Very Great Extent*, indicator No. 6 affects them negatively. The results show that only one out of the seven negative indicators in the use of social media is considered by the respondents as the leading indicator with undesirable effects *at all times*; the other six negative indicators affected them *most of the time*, a degree lower than the rating given by the respondents with one of these indicators. This signifies that, although these seven indicators are still marked as negative effects of social media, one of them is rated with a high degree of negativity. Based on the results, the perspective of the Indonesian respondents implies that if they stop using social media, they will miss the positive experiences and emotions that someone else is getting. Their responses show that they cannot afford to lose it to a very high degree. At the same time, the Omani respondents indicated that the use of social media affected a lot on their sleeping patterns.

## 5. Discussion

Concerning the number of hours spent on social media, the more significant number of respondents spent one to five hours in the use of social media; moreover, more than fifty percent come from Omani respondents, while less than fifty percent of the Indonesian respondents the result of the present study

negates a survey that was conducted in 2019 (Al-Kindi, 2019). The result shows that the hours spent (5 hours) by the respondents using social media networks is lesser than one hour as compared to that study that was published by Al-Kindi (2019) since the previous research said that the Omani respondents used 6 hours of their time in a day using social media networks. It is also noted that the present study respondents are not similar to those who answered the previous research (Al-Kindi, 2019). In general, it can be observed that based on the two studies, there is a reduction in hours spent on the use of social media.

Concerning the number of friends, it was found that more than eighty percent of the Indonesian respondents got more than 100 friends on social media. Less than fifty percent of the Omani respondents got more than 100 friends on social media. This result likely supported the idea that building close bond relationships (Yang, 2021) could be why social media users are delighted to have many online friends. However, this idea is not valid for all users.

Facebook and YouTube are the most common social media platforms used by the two groups of respondents. Moreover, keeping in contact with family and friends is the common reason for using social media, as revealed by the two groups of respondents. As to participants' dependence on social media, most of the instances are rated by them to some extent. The Indonesian respondents highly rate most of the positive effects of social media use; thus, they felt more about social media than the Omani respondents. To miss the positive experiences and emotions that someone else is getting is the indicator the Indonesian respondents consider as having the highest negative effect on them. In contrast, the Omani respondents showed that the use of social media affected a lot on their sleeping patterns.

The study was conducted classroom-wise in two different countries. Based on the study results, it can be concluded that the number of respondents as to gender is the opposite. There are more female students in Indonesia, while there are more male students in Oman. The two groups of respondents got common ideas in some of the indicators utilized in this study. They have stated that Facebook and YouTube are the typical social media platforms they are using. They also expressed that keeping in contact with family and friends is the reason for common to them why they used social media platforms. They have also shown that their social media dependence is similar in most instances. On the other hand, the two groups of respondents conveyed different answers to some other issues raised in the study. This can be noticed in the number of hours spent using social media. The Omani participants who are using social media for not more significant than five hours are more excellent in number than the Indonesian participants despite the that the Indonesian respondents have a vast number of friends than the Omani respondents. This gives an impression that many Indonesian participants have self-control and general addiction is lesser than the Omani participants. Regarding the effects of social media, the Indonesian respondents felt more of a positive impact of social media than the Omani respondents. To miss the positive experiences and emotions that someone else is getting is the indicator the Indonesian respondents consider as having the highest negative effect on them. In contrast, the Omani respondents showed that their sleeping patterns are more affected.

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