SOCIAL MEDIA AND RESILIENCE AMONG UNIVERSITY GRADUATES DURING COVID-19 PANDEMIC IN INDIA

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ABSTRACT

One's capacity to persevere through hardship and bounce back is referred to as resilience. Without a clear consensus, many theories about what supports the development of resilience have been investigated. Adult personal resilience includes the traits of willpower, fortitude, adaptability, and recoverability. The process of controlling emotions, cognition, behavior, physiological reactions, and the environment in response to stressful experiences is referred to as coping, a term associated to resilience. Previous studies have shown that those with worse mental health are less resilient and have a propensity to employ unhealthy coping mechanisms when under stress. For many people, social media has had an impact on their daily lives for a long time. Due to the restrictions put in place to slow the pandemic's rapid and hazardous spread, social media has become a crucial channel for networking and increasing support. Here, we provide a basic paradigm to explore the effect of social media on resilience during the pandemic, taking into account the formation of a crisis followed by the pandemic. More particularly, we show and discuss the potential for social media use to have an impact on resilience during the COVID-19 situation, both positively and negatively. The present research study puts forth the psychological well-being of University graduates who lived at Aligarh Muslim University, Aligarh during the Covid 19 pandemic. The study has impressed upon the role social media has played in making the individuals more resilient than before in order to cope with the stress induced by new situations.

Keywords: Social Media, Resilience, COVID-19, Graduates, University

INTRODUCTION

In order to improve the quality of life for students, we can see that educational institutions are now integrating technological advancements into their systems. Social media use in the classroom enables students, educators, and parents to access more helpful information. to establish connections with learning communities and other practical educational systems. Social networking platforms give students and organizations numerous opportunity to enhance teaching strategies. One can use social media plugins on these networks to enable engagement and sharing. Online tutoring on YouTube, distance learning courses from foreign colleges over Skype, and a wealth of information that is shared on social media are all available to students. Social media can provide useful information for research purposes, such as analytics and insights on a variety of subjects or issues. Being active on as many social media platforms as you can as an educational institution is essential because it helps you develop better student training tactics and shapes student culture. The majority of educational institutions switched to online education as a result of the COVID-19 outbreak. In many public institutions, especially those in developing nations, the lack of formal online learning management systems hinders students and professors. Numerous institutions in developing nations used social media platforms in response to COVID-19 to maintain online learning and the educational process. The barrier separating online and offline communities is blurring, especially among younger generations who have grown up with social media.

People use social media in a range of different industries. Social media is utilized for casual social networking, building social capital, online engagement, and attention diversion, which can result in lost study time. Last but not least, it's possible that there won't be Internet connectivity at home or that there will be restrictions on data downloads from mobile devices, which would make the educational process exceedingly challenging.

It is the duty of academics to facilitate learning by instructing. In order to maximize learning, the teacher's role is crucial in supplying the necessary information, directing, consolidating, interpreting, and providing feedback to the pupils. Social media can be used to communicate course-related information to students, to create a forum for sharing and discussing students' academic successes and failures, to enhance interactions between teachers and students, and to provide a forum where teachers can respond to any questions about education in an open-ended manner that might result in interesting or unexpected points of view. Through the use of social media, academies can also make content accessible for future reflection and review, allowing students to revisit and edit their artifacts and enhancing the educational process.

A learner's quest to construct knowledge is aided by the options for contribution provided by

the opportunity to comment on students' creative work and the fact that blogs can be commented on. Additionally, encouraging and assisting students helps the learning process. Ryan and Deci (2000) have define motivation as the desire to engage in an activity that is stimulating or enjoyable. When it comes to student motivation, they claimed that it occurs when a student is drawn to complete an assignment for its benefit, the learning it yields, and the feelings he or she may experience. Support for students affects pupils' motivation. Support is one of the most crucial elements in a student's academic performance. It can come in many different ways, including mental, physical, financial, academic, and spiritual.

In order for the student to focus on learning, the instructor must make every effort to help the student satisfy needs to a greater extent. The desire of students to engage in immersive learning can be influenced by motivation and student dispositions. The current research indicates that students wish to be motivated to focus more during lectures. In order to enhance learning for all students, it is crucial to comprehend the diverse attitudes, goals, and methods used by this new generation in adult classrooms. Researchers found that social media has a significant impact on student motivation, enhancing the learning environment for students through innovative educational practices, and altering the fundamental nature of learning boundaries, leading to student learning progress.

To make the study more thorough, thoughtful, and realistic, we have so far discussed the benefits of social media and are now going to discuss some drawbacks of the digitization of education. Distance learning took the place of traditional classroom instruction during the COVID-19 epidemic. Social media has numerous advantages for education, but those that help stop the COVID-19 epidemic from spreading are particularly important. We focused on the benefits of using social media in education, but it is also important to point out the drawbacks and flaws, such as: the overwhelming volume of information, including fake news, which makes it challenging for pupils to sort through the accurate data: The long periods of time students spend in front of computers and laptops, the decline or even absence of social connections and contacts, which has an impact on young people's mental health, various health issues brought on by prolonged computer use, and the creation of new social divisions as a result of digitalization. There is little doubt that the abundance of information, especially fake news, makes it challenging for pupils to go through the accurate data. Any information can be posted on social media by anyone. Twitter, Facebook, Instagram, and Youtube are a few examples of this type of social media. The veracity of posts on these platforms is difficult to ascertain because information is transmitted there very quickly. They are written in a style that will catch the attention of your internet buddies.

Digital networks are now the sole way for people to maintain socio emotional connection due to the COVID-19 pandemic. Due to the COVID-19 epidemic, there were strong limitations on social interactions and lockdowns were required. The use of digital gadgets has increased as a result all across the world. People are being forced to rely on digital platforms as a result. With significant ramifications for mental health and user balance, education, social contact, job, and socialization can only occur online. While responsible use of technology is linked to wellbeing, excessive screen time has been linked to a range of detrimental mental health outcomes, including emotional stability, loneliness, sadness, and anxiety. It is not surprising that fewer or even no social ties and interactions influence both older and younger people's mental health. People of all ages go on to social networking sites like Facebook, Instagram, YouTube, and Twitter on a daily basis to chat with their friends and make new online pals. Online pals frequently have no in-person connections in their personal or professional lives. They are connected via the internet, which is not the same as actual social interaction. People become closer through social interaction, they share contact, and examined how these platforms have affected their schooling because they felt forced to. Facebook and Twitter are popular social media platforms that university students and faculty members utilize to exchange information and lesson plans. The popularity and regularity of social media use among students demonstrates that, when utilized well, these networks may promote outside-of-class participation, which may ultimately enhance academic success. These results suggest that other components of the classroom are interwoven with students' feeling of community in the classroom. This school of thought is also supported by empirical data in the field of online education.

Martinez et.al. (2017) have pointed out that the goals set forth in their study about resilience were significantly achieved. They measured a group of university graduates and investigated them on resilience and engagement that included absorption, devotion and vigour. As per their observations, it was inferred that university education holds great value and is of high significance for the students as compared to their elementary education.

The drawbacks of social networking platforms have also been thoroughly examined. Researchers have criticized the use of social media in educational settings due to its effects on student achievement. Roux & Parry stressed that using social media excessively can be problematic and have a negative effect on academic achievement because students spend less and less time interacting with others in person as they use social media, which weakens their communication skills. According to the study, using social media by children and teenagers could harm their lives and have a negative effect on their education. Students' frequent usage

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of Facebook affected their college grades. It was discovered that students' use of Facebook while completing academics had no detrimental effects on their grade average. Researchers discovered that students' usage of extracurricular social media, particularly that of weaker pupils, had a negative impact on their academic performance. Because of worries about privacy, many instructors find it challenging to integrate social media into the classroom. Teachers have a harder time using social media as a teaching tool since they have a responsibility to preserve students' privacy. Addiction to social media negatively impacts students' mental health; they exhibit self-harming behaviors and experience rising depression as a result of their excessive smartphone and social media use.

Taylor et.al. (2012) have point out that The purpose of social media in this situation is not to take the place of in-person support or contact or official warning services, but rather to increase the capacity of information delivery, broaden the audience for official messages, and reduce the psychological harm brought on by rumors and sensationalized media coverage.

METHODOLOGY

The axial element of any research is the methodology that has been invoked to reach the conclusion. The present research study has made use of a horizontal analysis of research databases such as Google Scholar, Scopus, PubMed and ERIC. In order to find out how much time the university graduates spent on social media and other micro blogging sites, relevant research literature was consulted across the major research databases. Resilience as a psychological attribute emerged as a very important strategy for coping with stress. The university graduates were in their early twenties and most of the were living away from their families for the first time so they had no idea how to deal with stress individually.

The purpose of the research study was to explore the relationship between social media and resilience during challenging and stressful situations. The research study has been conducted with an emphasis on diversity of responses and actions during emergency situations. Since COVID-19 has largely been a medical emergency and was also declared a pandemic by World Health Organization, it had become inevitable to remain unaffected and uninfluenced by the aftermath of it.

The observations Made during the research study reveal very interesting findings regarding the resilience of university students. It is a hideous task to Ascertain and situate. Researches similar to current research study have yielded some intriguing observations therefore all the precautions and ethical considerations were taken into effect all across the research timeline.

MAJOR RESEARCH FINDINGS

The present research has largely emphasized on the role of social media on the resilience and coping mechanisms of the graduates of Aligarh Muslim University, Aligarh. It has studied the social media use of the students and the time they have devoted towards browsing the Internet. The stress induced by COVID-19 pandemic has been a great mental health concern.

The present study has investigated the role played by social media in facilitating the catharsis among university graduates. Since the pandemic had brought sequential lockdowns which impacted the population around the world in general and students across the globe in particular. Many psychological issues had been reported by students. Such observations became the rationale for this research study to ascertain the role that social media has played in order to make the students more resilient towards the challenges posed by the pandemic situation.

In many of the studies done during COVID-19 pandemic it was evident that Individuals of all ages had experienced stress in some or the other way. Working individuals had to resort do the option of working from home corporate workers comprised the major chunk of this population. While the grocers and sellers along with other small business owners had to remain inside and operate from their homes. Which incurred additional financial burdens on them? So one aspect of COVID-19 pandemic is the financial losses.

People now live in a new reality that is different in many ways thanks to the global crisis brought on by COVID. People now have to deal with uncertain financial and social situations and the need to protect themselves and others from the effects of the new approach to dealing with life's challenges. People suffered significant losses in social and economic resources, which made them more resilient.

The working individuals since resilience are the ability to cope up with the challenges. It was imperative to look into the role social media has played in activating resilient versions of the individuals affected by it.

Jurgens & Helsloot (2018) have point out that In order for citizens and society as a whole to manage and overcome a disaster, self-resilience is a crucial asset. It primarily depends on people coming together near the disaster site, whether physically or virtually, and on communication. People share information about the situation, offer and provide assistance, and solve problems together to cope with the situation.

Relying upon the available literature and the observations As recorded in the current study It could thus be opined that social media and micro blogging site have certainly provided the individuals A therapeutic intervention During the stressful situation of COVID-19 pandemic.

COVID-19 is a test of our human conscience as well as a challenge for global health systems.

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All societal stakeholders anticipate that the recovery will result in more egalitarian societies that are comparatively more able to withstand future crises. According to the IMF study released in July 2021, which contained a policy tracker of 197 economies from across the world, fiscal stimulus packages and urgent steps to address public health shortages have been implemented in several nations to lessen the effects of COVID-19. To have the essential effects, it is imperative that all national solutions include women and girls, their involvement, representation, rights, social and economic outcomes, equality, and protection, at their center. Not only establishing equality in the world, but also improving human resilience, is the issue. Boys and men as well as women and girls have a stake in it. The epidemic will have the worst impact on women, but they will also be crucial to local communities' ability to recover. Every policy response that acknowledges this will have a greater impact.

CONCLUSION

Considering the findings and observations made by the current research study, it could be summed up that social media has played a positive role in enhancing the Resilience of individuals during Covid 19 pandemic. As the target group of study was university graduates, it was interesting to notice the contrasts among the observations. As students from far flung areas were more resilient than students from areas nearby Aligarh. Students generally suffer homesickness while staying away from home for longer durations but it was interesting to have learnt that graduate students behaved in a mature and objective manner. This signifies that the target population had a great understanding of the situation they were dealing with and had made peace with the fact that they were not alone in that situation. They had the realization that entire world was facing the same kind of challenges irrespective of the geopolitical situations.

The Aligarh Muslim University has excellent residential facilities for the students on the rolls therefore the hostel inmates did not experience any alienation or cornering during the pandemic. They did not report any significant changes in their routines except the classes were being held online. They were practicing social distancing with ease as hostels of the university are segregated spaces and have entry restrictions with closed circuit tv surveillance systems installed at all important places. An enduring sense of security had prevailed among the students who resided in the hostels, it was also backed by the fact that the university has state of the art medical facilities of global standard on campus. It imbibed a heightened sense of medical security among the students who tended to believe that in the event of any untoward situation or medical emergency, they would receive world class treatment at economical rates.

Bilgin & Tas (2018) have pointed out that there are significant connections between social media addiction, perceived social support, and psychological resilience in college students. Additionally, it was looked into whether psychological toughness and perceived social support could predict social media addiction. In the study, it was discovered that social media addiction was correlated with psychological resilience and perceived social support, and that social media addiction was predicted by both variables.

Resilience is an ability to cope with stressful situations spontaneously putting all the abilities at work. The students of Aligarh Muslim University are generally offered numerous chances to participate and engage in various extracurricular activities which enables them to deal with challenges. A deep sense of competition sits in the back of their minds which inspires most students to possess a positive attitude towards life's struggles. Additionally, the multiculturalism at the university allows the students to interact with students from all parts of the world, which provides them many chances to have idea exchange. This apparently enables and equips them with enduring coping abilities which help them significantly during the times of difficulty.

The COVID-19 pandemic has intensified the effects of the disease by revealing weaknesses in social, political, and economic systems and deepening already-existing disparities, according to extensive literature study and research. Among the students, COVID-19 Pandemic did have some long lasting impact but since students have a transitive lifestyle, the impact could not stay for long. The university graduates of Aligarh Muslim University had displayed unmatchable coping mechanisms which ultimately hints towards the residential system and living mechanism of an academic institution emerging as an ideal place. The university is equipped with a wireless fidelity network across the length and breadth of campus. Students never felt left out or cornered and remained in constant touch with their families over social media and internet telephony which instilled in them a sense of proximity and security even after they were living in a different city. Hence, social media did play a crucial role in battling with the distress inflicted by the impact and aftermath of the pandemic.

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