

**Social Media and Students Academic Life
A Case Study of Punjab Colleges in Rawalpindi and Islamabad**



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Contents

Dedication.....	iv
Acknowledgment.....	v
Abstract.....	vi
CHAPTER 1.....	1
Introduction.....	1
1.1 Objectives:.....	3
CHAPTER 2.....	4
Literature Review.....	4
2.1 Hazardous effects of laptop and social media:.....	5
2.2 Excessive use of Social media impacts the academic studies:.....	5
2.3 Dichotomous Use of Social Media:.....	6
2.4 Social Media reduces people to people interaction:.....	6
2.5 Social Media as a deviating factor:.....	7
2.6 Social Media is providing a fragile ground for manipulators:.....	7
2.7 Uninformed user of social media can fall prey to hackers:.....	8
2.8 Smart Use of social media can lead to creativity:.....	9
2.9 Social Media promotes E-Learning:.....	9
2.10 Excessive Use of Social Media wastes Precious Time:.....	10
2.11 Globalization of social media:.....	10
2.12 Research Questions:.....	13
CHAPTER 3.....	14
Methodology.....	14
3.1 Research design:.....	14
3.2 Chosen research design:.....	14
3.3 Data collection:.....	14
3.4 Quantitative Data:.....	15
3.5 Qualitative data:.....	15
3.6 Chosen Data Type:.....	15
3.7 Methodology applied on sampling:.....	16
3.8 Limitations:.....	16
3.9 Data collection:.....	16
3.10 Surveys:.....	17
3.11 Collection Method:.....	17
3.12 Theoretical Framework:.....	17
CHAPTER 4.....	19
Results and Findings.....	19

4.1 Results of the study:.....	19
Discussion.....	34
Conclusion.....	35
References.....	36

Dedication

I am not the one capable of who has been blessed by such an extraordinary achievement. For this I should first of all be thankful to Allah Almighty. It is only because of the help of Allah Almighty that I have been able to complete this task in a proper manner and have finally compiled this task into a thesis.

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Abstract

The thesis aims to identify the role of social media in the life of college students. As it remains a fact that social media has been an inspiration for college students, but, they are not even in a position to properly handle and control their habits. The result is extremely dangerous as this trend then leads toward a stage where the social media starts to hamper the growth of college students especially when it comes to study. It not only impacts the study patterns of students, but also leads to hazardous health issues. Moreover, it remains a fact that excessive use of social media deviates students from extracurricular activities. It is found that excessive use of social media have made students more addictive. This thesis endeavors to inculcate in college students that the importance of social media cannot overshadowed, however, steps and care must be considered remaining in the safe zone. This study shows that a growing number of students are being succumbed to the excessive use of social media and especially the college students who barely distinguish between the good and the bad.