THE EFFECTIVENESS OF USING THE SOCIAL NETWORK SITES BY PHYSICAL EDUCATION DEPARTMENT IN PTUK – KADOORIE

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Abstract

The aim of this study is to identify the effectiveness of using the social network sites among the Physical Education students in PTUK . The study sample , which consists of (102) students in the year 2013/2014 , uses the descriptive methodology by describing and analyzing the students responses toward the questionnaire . The results of this study show that about 88.4% of the study sample use these sites to communicate with old friends , about 85.5% improve their sports culture , and the study shows that 72.6% believe in that social network sites are indispensable sources for communication between people . It also shows that there are statistically significant differences in using the network sites among the Physical Education students for both bachelor and diploma , in favor of the bachelor students. The researcher recommends the necessity of paying attention to the social network sites as an important educational mean according to modern educational means , using the modern communication technology by the teaching staff members in the courses which they teach , and creating several students groups in the social network sites to discuss all the sports issues and exchange knowledge and culture between them .

Key words: Social network sites , physical education , students , face book .

1. INTRODUCTION

Today , communities are living in the age of rapid change , development , enormous knowledge explosion and openness to the big world which has become a small village because of the speed of the communication and transportation . Perhaps the Internet technology has changed our life course and moved us from the information age to the world wide web , which is considered as one of the modern techniques that has helped in the speed spread of communication and networking means .

Khaled (2005) says online social network sites , such as Face book , have been recognized as new social media which face a dynamic movement of spreading and development . It was a virtual society in a narrow and limited range , then it has increased by time to shift from an information written text tool to an audio-visual media tool that affects the decisions and the responses of the affected persons .(p.5)

Almansour (2012) says that E–network sites are considered as the most widespread on the Internet because of its properties which distinguish them from other websites , and that has pushed the Internet surfers from all over the world to the increasing demand for them despite the several criticisms that the social networks always face . One of these criticisms is the negative direct impact on the family society and its fragmentation . However , there are some people who see it as an important mean of growing and fusion between communities , approximating of concepts and visions with the others , and learning about and knowing different cultures of nations .(22-23)

Information technology and Internet with their different means and tools , such as the social network sites , have provided great services to humanity in various social, economic and industrial fields . Certainly, the entry into the world of sports, training, management, marketing and other branches of sports world had added many dimensions for easy spread . Furthermore , social network sites have become the most important channels that can gather the largest human group from all over the world without any distinction between race, color, religion or geographical area.

Mones (2008) refers to the extent of the help of the social networking for Physical Education students in the understanding of many mathematical concepts , the defining of technical aspects of many dynamic skills to students , providing them with the required dynamic experience , providing them with immediate feedback constructively, and absorbing different teaching methods.

As Balskany (2012) ,in many studies, points that social network sites provide real chances for teachers and students ,alike , to interact and socially connect , allow students to access the content of the courses easily and straightforwardly , encourage students to share their duties , homeworks , and the school projects between each other , and form a kind of stimulus for them .

The Study Problem

The E– network sites have become one of the most important effective means of social communication , because it connects between mates , friends , persons and even different communities . The most important websites , which provide this kind of communication in all political, social, sporting and economic levels , are Face book , Instagram and Twitter .

The researcher also notices that the percentage of the networks spread are daily increasing , especially among universities students , and its use is diverse between positive and negative , also its strong impact on this big category in our society .

Moreover , the researcher notices , via his academic follow up and his using of these websites in some courses which he teaches , the students interaction range by the homework which they have to do . So , this leads the researcher to shed the light on this phenomenon in our community , especially in the Physical Education department .

Literature Review

 Helmi Ammar and Abdul-Baki Abu Zaid (2001) had conducted a study on a sample of school teachers , curriculum specialists , students of secondary stage , and university students in the Kingdom of Bahrain. This study aims to identify the impact of communication technology on the education quality and the current and future work areas for youth , and the impact of communication technology on social relations. Both researchers have depended on the descriptive method , the survey , by the questionnaire and the personal interview to collect data . In fact , the study has found that the students tend to make friendships and relations via Internet more than others , it has also shown that what the communication technology offers of positives are more much than its negatives in terms of easy communication , and increasing and availability of information .

Mohammed Khulaifi (2002) has conducted a study on a sample of 137 university students . The aim of this study is to identify the impact of the world wide web in the community by finding the advantages and disadvantages of the Internet. The researcher has used the descriptive analytical method by using personal interviews , and private questionnaires. In fact , The study has found that about 91.7 of the members of the study population tend to use the Internet for communication , exchanging of information with others, searching for information , and entertainment.

 In 2006, Al Al-Shaikh has conducted a study on (911) students from King Saud University , in order to identify students' attitudes toward the impact of cultural globalization which is presented by television channels programs and the use of the Internet. The researcher has used the descriptive method , the survey , by using a questionnaire which has been distributed on a random sample to collect data. In fact , the study has found that there is a conviction among the study population that the Internet gives positive changes to the youth's ideas , it has also found that the majority of the study sample sees that the availability of modern communication techniques gives a sense of independence and self-confidence.

In 2007, a study has been conducted by Al-Majjali on Mu'ta Jordanian university students , the aim of it is to identify and analyze the phenomenon fact of using the Internet in terms of highlighting the social results of using it on the university students from the point of view of a students' sample. The researcher depends on the social survey methodology and the questionnaire to collect data. In fact ,the study has found that there is an increasing of the social relations by using the Internet in the case of using the Internet alone, but decreasing in the case of using them with others , also , whenever the internet use increases , the impact of the use on the social relations increases , and if the education level of the students increases , the impact of using the Internet on the social relations decreases .

 Al-Otaibi (2008) has conducted a survey that includes students from three Saudi Arabian universities (King Sa'ud, King Faisal, King Abdul-Aziz) , it aims to identify the motivations of using Facebook. The researcher uses the questionnaire as a mean of collecting data. In fact , the study has found that the curiosity and the first participation were the primary motivations behind using the students of Facebook , , and it has showed a large spread (77%) for using Facebook among students.

Khader (2009) has conducted a study on a sample of Cairo University and the British University , it aims to identify the motivations behind the students use of Facebook. The researcher has used the descriptive method by depending on the questionnaire as a mean of data collection. In fact , The study has found that the entertainment motivation of the most important motive of using Facebook , it has also showed that the social interaction between people by Facebook develops the personal skills ,life experiences and dealing with others.

Aren Karpinski (2010) has conducted a study which aims to identify the impact of using Facebook on the academic achievement among university students. The study has been conducted on a sample of 219 university students. In fact , the results has indicated

that the grades scored by the addicted university students to the Internet and Facebook browsing , the largest online social networks , are much lower than those which are received by their counterparts who do not use this site.

Al-Homsi (2010) has applied a study on a sample of Damascus University students from different majors and different economic conditions , it aims to shed the light on the relationship between Internet addiction and social networking skills. The researcher had depended on the descriptive analytical method and used the measure of the Internet addiction and the measure of social relations. In fact , the study has found a significant correlation between Internet addiction and social networking skills , the study has also showed that females who are addicted to the Internet are more than males because of the nature of the socialization of women in our societies.

Herjohnr (2011) has conducted a study entitled with " Views of Physical Education students about social network sites " on a sample of 180 students from the Physical Education department in Turkish Sakarya University. The researcher has used the questionnaire and the personal interview as a mean of data collection. In fact , the researcher has found that most of the study sample uses websites to get information about sports organizations and institutions (55%) , the researcher has also concluded that there is a lack of trust in these websites , especially with regard to aspects of personal life.

Al-Yaman (2014) has examined the extent of using of the social network sites by the Physical education teachers in the academic and social aspects. The researcher has used the descriptive method by distributing a questionnaire on a sample of Gazi University (167) students , then he has concluded that he can effectively use these websites in teaching.

The study objectives

The study aims to identify the effectiveness of using the social network sites in the Physical Education Department , to identify the goals that students are seeking to achieve by using these sites , and to identify to which extent of using these sites will interfere with the students personal lives.

The study questions

The study seeks to answer the following questions:

1. What are the objectives of using SNS by the Department of Physical Education students ?
2. How effective is the use of the internet and the SNS for physical education?
3. To what extent does the SNS interfere with the personal lives of the Department of Physical Education students ?
4. Are there any statistically significant differences in the study area which are related to academic degree variable ?

2.   METHOD

This research was carried out by using descriptive / survey method ,data collection tool was developed by Herguner (2011) and modified by the researcher and it has three dimensions. In the 1st dimension of the instrument , there are questions about the usage purpose of social networking sites and in the 2nd dimension there are items about the effectiveness of using social networking sites in physical education .In the 3rd dimension, determining the information and thoughts of individuals concerning the reliability and intervention of social networking sites to private lives of persons were aimed .Validity and reliability of survey revealed that Cronbach Alpha value was found as 0.904. To ensure the stability of the study tool, the researcher has applied it on a prospective sample of (20) students outside the study sample. Then , applied it twice with a time spacer for two weeks between the first and second application. Actually , Pearson correlation factor has been calculated between the two applications results, the stability range factors are (0.960) for the first dimension , (935) for the second dimension , and (0.953) for the third dimension.

In fact, the correlation factor value of the whole questionnaire is (0.953) , which is a very acceptable value to conduct such a study.

The instrument was applied to 102 students attending physical education department in Palestine Technical University -Tulkarm - Khadoori .The data were analyzed by using several statistical methods like mean, T test, ANOVA, Pearson correlation.

The study population :

The study has included all the Diploma and Bachelor students of the Physical Education Department who register for the year 2013/2014. They are (411) students according to the records of the Admission and registration deanship in Palestine Technical University – Tulkarm- Khadoori .

The study sample:

A random stratified sample has been chosen from the study population. It consists of (102) students who form the percentage (25%) of the study sample. Table (1) shows the study sample distribution according to the study variables.

Table (1) the members of the study population properties :

variables	Levels	frequency	Percentage

Academic degree	Diploma	63	61.8%
	Bachelor	39	38.2%

Findings and discussion :

The followings are the findings overview which have been reached after the researcher has collected the data by the study tool , he has introduced them according to the study questions:

First , to present and discuss the results which are related to the first question , What is the purpose of using the social network sites among the Department of Physical Education students ? . To answer the first question , the researcher has used the arithmetic averages. (Table 3) results show that:

Table (2): the distribution of the purpose of the use of SNS

	Aims of using SNS	Totally agree	Agree	Have no idea	Disagree	Strongly disagree
S1	I have a good time	27.2	60.2	6.8	4.9	-
S2	I guess the results of sports matches.	20.4	35.9	34	5.8	2.9
S3	I meet new people.	33	46.6	11.7	5.8	1.9
S4	I share my photos and videos with people.	13.6	35.9	26.2	12.6	10.7
S5	I share/discuss developments on the agenda with my friends.	26.2	48.5	17.5	4.9	1.9
S6	I get rid of my loneliness.	40.8	29.1	17.5	4.9	6.8
S7	I can reach my old friends.	53.4	35	7.8	1.9	1
S8	I can express myself more comfortably.	36.9	33	12.6	11.7	4.9
S9	I can have a good time during the day.	29.1	49.5	9.7	8.7	1.9
S10	I can be informed about technical developments in Physical Education and Sports.	1.9	29.1	16.5	1.9	-
S11	I enjoy logging on these sites.	1.9	35.9	25.2	25.2	1.9
S12	I can share my feelings and opinions.	1.9	38.8	18.4	9.7	5.8
S13	I think I strengthen my social ties.	32	35	19.4	10.7	1.9
S14	I feel more peaceful and happier.	20.4	43.7	24.3	8.7	1.9

S15	I can learn what my friends are doing	32	45.6	14.6	4.9	1.9

As it is illustrated in Table (3), a percentage of (88.4%) of the study sample is distributed into (35% agree , 53.4% strongly agree) in responding to the phrase " I can reach my old friends.". Also, that is approximately 60.2% of the study sample agree, and a percentage of 27.2% strongly agree on the statement " I have a good time ". Then , the statement I share my photos and videos with people."" has a percentage of 49.5% (35.9% agree , 20.4% strongly agree). However , the statement " I guess the results of sports matches." has a percentage of (56.3%) of the study sample which is distributed into 35% agree and about 20.4% strongly agree.

The researcher finds that the nature of the social network sites, that are used by the study sample, are interesting and desires achieving for students in terms of communicating with childhood and school friends, well as making them feel some kind of happiness and enjoying their private times especially in our present time. Our present time is rapidly developing , particularly the smart phones technology and its applications that can be used for social network sites , especially with the availability of wireless internet in all university places, by which they can enjoy their free time between lectures through spending their time using the social network sites. However , the researcher finds that there is a kind of lack of confidence in sharing photos and videos between students who use these websites, especially by females, so, that sentence has a lower percentage.

Secondly, to present and discuss the results of the second question , How effective is the use of the internet and the social network sites in Physical Education?. To give an answer to the second question, the researcher has used means , the results in (Table 3) shows that.

Table (3): the distribution of SNS in Physical Education.

	Using SNS in physical education	Totally agree	Agree	Have no idea	Disagree	Strongly disagree
S16	I keep informed about sports organizations.	35.9	42.7	17.5	2.9	-
S17	I am recognized more easily among colleges/students.	17.5	56.3	19.4	5.8	-
S18	I can communicate with prominent people in my field.	37.9	39.8	18.4	2.9	-
S19	I can keep informed about the events on Physical Education and Sports.	26.2	43.7	20.4	20.4	3.9
S20	I improve my culture of Physical Education and Sports.	50.5	35	12.6	1	-
S21	I can find solutions to the problems I face in my profession field.	25.2	47.6	18.4	3.9	3.9
S22	I can share my knowledge and opinions on Physical Education and Sports.	26.2	43.7	20.4	20.4	3.9
S23	I can share my political and social opinions related to physical education	13.6	35.9	37.9	8.7	2.9
S24	I think I spend my time effectively.	2.9	49.5	21.4	8.7	2.9
S25	I keep informed about rules and laws of sports	32.	31.1	34	1.9	-

As it is illustrated in Table (3), the phrase "I improve my sports culture of physical education and sports " has a percentage of 85.5% of the study sample distributed between 35% agree and 50.5% strongly agree , which is a very high percentage. The researcher finds that this is due to the nature of the study sample because most of them are subscribers in various sports websites .
        However , the phrase "I can share my political and social opinions related to physical education
" has a percentage of 49.5% which are distributed between 35.9% agree and 13.6% strongly agree. The researcher attributes that due to lack of students' trust in social network sites and fear of being monitored by the Israeli security agencies , therefore many students prefer to avoid the discussion of political issues even they are related to sports.

Third , to present and discuss the results of the third question , How does the use of the internet and social network sites interfere with personal life?

To answer the third question, the researcher has used the arithmetical averages of the study sample responses , (Table 4) shows that.

Table (4) The frequency of the information and the thoughts of participants about the intervention of SNS to private lives of persons

	the intervention of SNS to private lives of persons	Totally agree	Agree	Have no idea	Disagree	Strongly disagree
S26	I think social network sites cause intervention of private life of persons.	34	32	26.2	5.8	1
S27	I think social network sites are secure sites.	8.7	11.7	28.2	24.3	26.2
S28	I think social network sites have more negative effects than positive effects.	23.3	27.2	32	12.6	3.9
S29	I think social network sites are indispensable communication sources of our day.	17.5	52.4	20.4	6.8	1.9
S30	I think social network sites keep my personal information safely.	7.8	28.2	35	11.7	16.5
S31	I see no harm to upload photos and videos to social network sites	16.5	27.2	22.3	16.5	16.5
S32	I think social network sites take necessary precautions to protect my photos and videos.	9.7	26.2	32	21.4	9.7
S33	I am concerned that unwanted persons and/or the people I don't know can reach my information, photos and displays through social network sites	27.2	35.9	21.4	9.7	4.9

As it is illustrated in Table (4) , the phrase "I think that social network sites are indispensable sources of communication of our day," has a percentage of 72.6% of the study sample between agree and strongly agree. The Researcher finds that it is a logical result due to the increasing number of subscribers who use such websites , this is an evidence that it has become a part of their lives because of the large space and the massive technological progress , and the electronic devices have become , from smart phones and computers , the basics for most of the people.

Approximately 66% of the study sample sees that websites interfere with their personal life due to the lack of trust in these websites , so this is an evident in the student responses to the phrase " I'm concerned that unwanted persons I don't know can reach my information , photos and displays through social net work." has a percentage of 63.1% of the study sample. However , it has been seen that about 35.9% of the study sample websites which take protective actions into consideration to protect any personal files , so approximately 64.1% of the study sample sees the opposite.

Fourth , to present and discuss the results related to the fourth question , Are there any statically significant differences in the fields of study due to the academic achievement variable ?

To answer the fourth question, the researcher has used test/s for two independent groups , (Table 5) shows the results .

Table (5) : The results of the test of two independent groups to signify the differences in the target of using SNS according to the Academic degree variable.

	Bachelor (n=39)		Diploma(n=63)		T	significant
	M	SD	M	SD		
Aims of using SNS	2.06	0.59	2.10	0.44	1.88	.173
Using SNS in physical education	2.73	0.65	2.57	0.45	4.67	*.033
the intervention of SNS to private lives of persons	2.09	0.51	2.06	0.45	1.152	.286
	2.24	0.45	2.30	0.33	2.88	.093

*significant ($\alpha \leq 0.05$)

As it is illustrated in Table (7) , there are no statistically significant differences at the significance level ($\alpha \leq 0.05$) for the field of the target of using the social network sites , and the field of the interference of the internet and the social network sites with the personal life of the student. However , there are statistically significant differences in the effectiveness of using of the internet and social network sites by Physical Education particularly the Bachelor students.

The researcher has attributed the lack of statistically significant differences in the field of the target of using the social network sites among diploma and bachelor students to the values and the special privileges of diploma and bachelor's students is one and different in terms of providing wireless internet. Also , most of the people are now using these websites, regardless of their academic achievement , therefore they , as students , have similar goals and objectives in using the social network sites.

The researcher also finds that there is a great similarity and consensus from the study sample on the distrust of these sites in terms of the interfering with the personal life of the student, regardless of academic achievement , so there is no statistically significant differences in this field between the bachelor and diploma students.

However , the researcher has attributed the existence of the statistically significant differences in the effectiveness of using the internet and the social network sites for Physical Education to many reasons. First , there are many lecturers and teachers in the Bachelor department who use these websites in home works and assignments. Also, the nature of the bachelor courses, which frequently request the student to back to the internet for several sports information. In addition , there are obligatory assignments related to the technology education course ,through which the student must positively use the social network sites in the Department of Physical Education. Finally , there are many groups that have been created by the students within this course. According to that , it is clear that the differences are in favor of the Bachelor students.

3.   CONCLUSIONS:

1. In the light of the Study Objectives and its findings , the researcher has found the following conclusions:
2. The great majority of the students uses the social network sites to connect with old friends.
3. A high percentage of students in the Department of Physical Education exchange cultural information about the physical education and various sports.
4. The majority of the students believe that the social network sites are indispensable sources to communicate with people .
5. There is a lack of trust in the social network sites , these websites do not choose the appropriate means to avoid the strangers from accessing to their privacy.
6. The Physical Education Bachelor students use the social network sites in physical education larger and more efficiently than Diploma
7. students.

4.   RECOMMENDATIONS:

In light of the findings, the researcher recommends the following:

1. Paying attention to the social network sites and investing the scientific, cultural and social benefits of them.

2. The necessity of paying attention by the teaching staff members in the Physical Education Department to the use of social network sites in the courses which they teach , particularly diploma students, by assigning duties to the students in order to use these sites in performing them .

3. Creating meaningful student groups on Facebook and other websites ,in order to exchange sports information, laws ,competitions and other various sports activities.

4. Increasing the students' confidence in the social network sites through organizing different sessions and seminars of how to use them effectively and positively.

5. Conducting studies to identify the most important constraints and negatives of the social network sites from the viewpoint of students and teaching staff members to put treatment plans and to overcome them.

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