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## Research Article

### The Difference Between Internet and Social Networking Use among Ninth Graders

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#### ABSTRACT

This study aims to dive into ninth-grade students' internet and social networking experiences, examining both intrapersonal and interpersonal components. The study used a mixed-method sequential explanatory design to incorporate quantitative and qualitative methodologies, with a strong emphasis on ethical considerations. In the quantitative phase, data is collected using standardized questionnaires, which were then analyzed and examined statistically to find occurring patterns and trends from the feedback given by the ninth graders. Following that, the qualitative phase includes in-depth interviews to contextualize and explain the quantitative results from the first phase of the study. The findings provide complex insights into the participants' attitudes and behaviors around internet usage and social networking. While most people believe that the internet is mostly entertaining and convenient, there are differing opinions regarding the presence of its impact on academic performance and mental well-being. This study concludes that there is no substantial difference in internal and social networking experiences between male and female students. The findings highlight the complex nature of ninth graders' Internet and social networking experiences, including knowledge acquisition, social communication, and emotional regulation. Recommendations include encouraging responsible and ethical digital citizenship and offering support tools to help students navigate the online environment securely and successfully, while also developing literacy. Overall, this study contributes to a better knowledge of how young individuals engage with and how significant individuals are influenced by the digital landscape, providing valuable information for educational institutions and policymakers looking to create positive internet experiences among night graders students.

**Keywords:** *Internet, Interpersonal, Intrapersonal, Mixed-methods study, Ninth graders, Social networking*

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## Introduction

Before the advent of technology, engaging and completing many tasks required hours of work that would often take a large chunk of an individual's time, meaning that the efficiency of the work production for each person is substantially less effective compared to what we have in the modern day.

After the invention of modern technologies like the Internet, there were significant shifts in how we engage and complete tasks. Instead of manual paperwork, most people with access to such technology will lean towards the use of software that automatically does the tasks, allowing the individual to focus on different aspects instead of the manual work.

Technology and the Internet are two of the most significant innovations of modern times. People are more accustomed to utilizing technology to help them with everyday tasks in today's sophisticated technology. Thanks to social media and other online platforms, people can easily communicate with relatives, close companions, and other individuals worldwide. In the modern world, individuals with access to technology can operate far more precisely, efficiently, and effectively since software-controlled equipment can help people automatically.

Utilizing social networks, specialized websites, or other programs that let users connect and engage with one another is a common way for people to utilize the Internet. Some of the most popular Social Networking Services (SNS) on the Internet are Facebook, Instagram, and Twitter.

However, the use of technology comes with a mixture of negative and positive effects and experiences, especially in long-term use. Since we are exposed to a broader spectrum of information with just a few clicks, the limits and boundaries of internet and technology usage rapidly expand.

### ***Internet Use and Well-being in Global Perspective***

Cikrikci (2016) conducted a meta-analysis study to examine the impact of internet use on multiple components of well-being. The results indicated a negative correlation between internet use and well-being. The outcome indicates

that the participants' well-being in this study is not significantly affected by their level of internet usage. Collin et al. (2008) stated that these networks have multiple benefits despite the many challenges of using social networking services (SNS). Likewise, it helps spread information, aids communication and socialization, and more.

Another study conducted by Bessière, Pressman et al. (2010) analyzed the data from a national US panel survey and identified a small but reliable association between health-related internet use and an increase in depression among individuals. On the other hand, Wang, Luo et al. (2012) used a cross-sectional questionnaire approved by the Institutional Review Board (IRB) to investigate the relationship between teenagers' poor lifestyle habits and internet usage. They discovered that internet-related behaviors are associated with the participants' poor lifestyle behaviors.

### ***Social Network Influence***

In one study, Azizi et al. (2019) studied how social networks affect students' performance and the relationship between social media addiction and academic success. Students' academic performance and their addiction to social networking showed a statistically significant negative correlation. Additionally, male students had a mean level of addiction to social networking sites higher than that of female students. One more investigation carried out by Singleton et al. (2016) intended to highlight the significance of continuing evaluation and comprehension of teenagers' psychological distress related to their use of social media. It also points out how social networks' anonymity and peer support are used by clinicians to expand the scope of mental health services available to young people. Adolescents' access to a wide range of social networks presents opportunities and challenges which can impact their psychological well-being. In today's culture, striking a balance between social networks' benefits and drawbacks is essential.

### ***Social Network Activities in a Local Perspective***

One study from Miranda et al. (2023) aimed to identify a variety of addiction processes

connected to individual reasons for protracted social network activity using data analysis and found that distinct addiction processes are related to various motives to continue using the social network.

Like the prior studies about Internet and social networking use, this study also aims to investigate the experiences of individuals when using the Internet and other popular social networking services. Likewise, this mixed-method inquiry also aims to reveal some determining factors for the variation of experience among the people using the Internet. Some studies involved variables, such as whether the Internet affects its users and if those effects are adverse or positively linked to good and poor time management and health risks. Meanwhile, other research utilized Causal Comparative to investigate two different variables. An example of this is if the amount of Internet and social networking usage contributes to students' study effectiveness to identify if there is a correlation between the two.

On the other hand, this inquiry will investigate a possible correlation between the Internet and social networking experiences.

Although there are dozens of circulating studies concerning the user experience with the Internet and social networking, this qualitative study aims to investigate and answer different questions. This research aims to inquire if there is a significant difference between the respondents' profiles and the internet and social networking experiences. In other words, it aims to investigate if the profile of an individual is a significant determining factor when it comes to the type of experience that the individual is subjected to.

The objective of this research is to investigate the interpersonal and intrapersonal experiences that ninth graders have with the Internet and social networking and to see if there are any differences or variations in experiences based on the respondents' profiles.

A more thorough understanding of the intrapersonal and interpersonal facets of social networking and the Internet may result from the study's findings. Increased productivity and efficiency in the case of future interventions on the Internet and social networking fields may

result from a deeper comprehension of the elements influencing these experiences.

### **Statement of the Problem:**

The researchers investigated the internet and social networking experiences among ninth graders in one of the Public Secondary High Schools in Cluster 1 Division of Pampanga during the curricular year 20223-2024.

Specifically, this study answers the following questions:

1. How may the profile of the respondents be described in terms of
  - 1.1 male; and
  - 1.2 female?
2. How may the internet and social networking experiences of the respondents be described in terms of:
  - 2.1 intrapersonal conflicts: and
  - 2.2 interpersonal conflicts?
3. Is there a significant difference between the profile and internet and social networking experiences of the respondents?

### **Hypothesis**

There is a significant difference between the profile and the internet and social networking experiences of the respondents.

### **Significance of the Study**

This study will be greatly important for the following:

**Students.** It will give a better understanding of the different Internet and social networking experiences on an interpersonal and intrapersonal level.

**Teachers.** It may lead to future interventions that facilitate and improve the growth and effectiveness of individuals using the Internet and social networking services.

**Society.** This study will provide an added effort to understand and interpret the experiences of individuals who use the Internet and other social networking services.

**Future Researchers.** This study will contribute to future research by providing added information and data for future interventions.

### **Scope and Delimitation**

This study will focus on two significant variables: internet experiences and social networking experiences. Therefore, this inquiry

will revolve around intrapersonal and interpersonal experiences while using the Internet and other social networking services.

The conduct of data collection for this quantitative inquiry is delimited to the ninth graders in one of the Public Secondary High Schools in Cluster 1 Division of Pampanga during the curricular year 20223-2024.

### **Definition of Terms**

**Internet.** A system architecture that has revolutionized mass communication, mass media, and commerce by allowing various computer networks worldwide to interconnect (Khan & Dennis, 2023). In this study, this refers to the respondents' communication medium.

**Social Network.** In computers, an online community of individuals exchange messages, share information, and sometimes cooperate on joint activities. Social networking and social media are overlapping concepts. However, social networking is usually understood as users building communities, while social media is more about using social networking sites and related platforms to build an audience (Ray, 2023). In this study, it refers to the network of social space in which the respondents are involved. Social Network is also a medium where online interactions, communication, and content production occur.

**Social Networking Service.** A Web-based service that allows individuals to construct a public or semi-public profile within a bounded system, articulate a list of other users with whom they share a connection, and view and traverse their list of connections and those made by others within the system. The nature and nomenclature of these connections may vary from site to site (Boyd & Ellison, 2006). In this study, the term "social networking services" or "SNS" refers to a particular kind of online social media platform users actively use to create social networks or relationships with other users with comparable backgrounds, interests, activities, pursuits, or real-world connections.

## **Methods**

### **Research Design**

The mixed methods study design combines the strengths of both quantitative and

qualitative approaches to answer research questions. This design includes quantitative and qualitative phases, and each phase is undertaken independently, followed by combining quantitative results and qualitative findings for a broader purpose and in-depth understanding of the research questions and phenomena (Othman et al., 2020).

This study investigated the internet and social networking experiences of male and female ninth graders, both intrapersonal and interpersonal. Since this inquiry aims to provide an in-depth understanding of the difference between Internet and social networking experiences, this study used quantitative and qualitative data gathering through mixed-method sequential explanatory research. These two unique strands comprise the explanatory sequential design (Ivankova et al., 2006). Following a quantitative strand, which gathers and analyses numerical data, is a qualitative strand that gathers and evaluates textual data. The explanatory sequential design of MMR emphasizes the quantitative phase, followed by the qualitative phase (Creswell, 2011).

The mixed-method research methodology is an integration of both quantitative and qualitative research. It provides for a statistical perspective and a narrative point of view on our topic of Internet and social networking experiences.

The study has two phases: the quantitative and qualitative phases. The first phase of this study started by collecting and analyzing quantitative data from the respondents of one of the Junior High schools in Cluster 1 Division of Pampanga.

The analysis of Internet and social networking experiences was a 5-point Likert questionnaire entitled Internet and Social Networking Experiences Questionnaire (Casas et al., 2014). Integration of mixed methods involves bringing together quantitative and qualitative approaches and methodologies. Limited application in midwifery research has identified a need for practical examples (Othman et al., 2020).

The second phase involved gathering and analyzing qualitative data as a follow-up to the initial quantitative findings. The collected samples and data from the quantitative phase were

used to continue gathering and analyzing qualitative data in the second phase. To maximize the effectiveness of qualitative data collection, a set of open-minded and carefully selected questions was used to interview the outliers from the first phase. The purpose of the second qualitative phase is often to explain the results discovered in the first quantitative phase and sometimes to explain outliers inconsistent with the collected data (Toyon, 2021).

This study also includes descriptive research. The value of descriptive research is based on the premise that problems can be solved, and practices improved through observation, analysis, and description (Koh & Owen, 2000). The primary purpose of this study is to find out if there is a significant difference in internet and social networking experiences between male and female individuals.

### ***Respondents of the Study***

#### ***Phase 1: (Quantitative)***

The respondents of this study were fifty (50) grade nine Junior High School learners in one of the Public Secondary High Schools in Cluster 1 Division of Pampanga during the school year 2023-2024. Three criteria were used to identify the respondents: they must be active users of Facebook and Instagram, have been actively using social networking services for more than five (5) years, and use these services more than five (5) times per day.

The respondents of the study were selected through the utilization of the purposive sampling technique, which emphasizes the role of the researcher's judgment in the selection of samples for the study. The type of purposive sampling that was implemented is total enumeration sampling, which examines the entire population and selects samples through a specific criterion of characteristics necessary for the data collection and analysis of the study. Purposive sampling may also be used with both qualitative and quantitative research techniques. The inherent bias of the method contributes to its efficiency, and it stays robust even when tested against random probability sampling (Tongco, 2007). The target population of this study is fifty (50) ninth graders from one of the Public Secondary High Schools in Cluster 1 Division of Pampanga.

#### ***Phase 2: (Qualitative)***

The researchers selected eight (8) participants using a homogeneous sampling technique. The participating outliers have the most extreme or lowest scores. In the qualitative phase of the study, the participants were the outlier. Outliers are the data points with the lowest values that differ from the majority of the others in a dataset. They had the lowest score in the quantitative phase of the study. In the qualitative phase, participants are expected to provide detailed information via focus groups or informal interviews. Outliers, or those with differing experiences, provide unique perspectives. Researchers seek to capture the diversity of the participant group by delving into their perspectives to ensure a delicate interpretation of the qualitative data.

### ***Sampling Method***

The qualitative phase of the study used the homogenous sampling technique to determine participants. Homogeneous sampling is used to study ninth graders' internet and social networking experiences by selecting respondents who share comparable traits, allowing for a more focused analysis and potentially providing clearer insights. As a consequence, the researchers recruited eight (8) respondents utilizing a homogenous sample strategy.

### ***Source of Data***

The respondents of this study were the ninth graders enrolled in one of the Public Secondary High Schools in Cluster I Division of Pampanga.

### ***Instrument***

#### ***Phase 1 (Quantitative)***

The study used a standardized questionnaire to obtain quantitative data on the Internet and social networking experiences. The questionnaire of this study is composed of only one (1) part. Part 1 is designed to investigate the respondents' internet and social networking experiences. We will employ the CERI (Cuestionario de Experiencias) in our study. Experiences with the Internet - Internet-Related Experiences Beranuy et al. (2009) created a questionnaire ( $\alpha=.77$ ). This consists of ten Likert-type items with four answer choices (1-4)

indicating the degree of frequency between never and often. The questionnaire addresses two issues. Intrapersonal Conflicts ( $=.74$ ) are represented by one. It includes phrases like "Do you get nervous or worried when you use the internet?" and "How frequently do you cease performing things?". The other investigates Interpersonal Conflicts ( $=.75$ ) and includes questions such as "Do you find it easier or more difficult?", "Is it easier to relate to people online than in person?" and "How often do you make new friends online?". The score could be determined by adding the answers to all items, up to 40 points. The authors propose no value or cut-off point for determining criteria for Internet abuse (Beranuy et al., 2009).

An interview protocol guide was used in the qualitative phase based on the quantitative phase's findings. The data was collected at a location agreed upon by both researchers and informants. The interview lasted 10-20 minutes, with each participant taking turns.

Before doing the informal interview, the researchers also obtained the consent letter and permission. Questionnaires based on the findings of the quantitative phase and validated by the research adviser will be used in the interview. Interview protocol guides are based on the answers to a series of questionnaires from the quantitative phase, with an interpretation of the respondents' most extreme or outlier responses. To make the study more transparent and organic, the researchers allowed participants to elaborate on their responses. This allowed for the inclusion of important details that could be a helpful tool for improving the study. Furthermore, to obtain qualitative data regarding the correlation, coding and theme analysis are required.

### **Data Collection Procedure**

#### **Phase 1 (Quantitative)**

The researchers utilized standardized questionnaires to collect the necessary data for this study. Consent to conduct the study was asked from one of the Public Secondary High Schools in Cluster 1 Division of Pampanga, and the respondents' advisers before data collection. After the approval had been granted, the researchers began in the third week of the

second quarter. The researchers explained the concept of the study to the respondents face-to-face. The data source for the study was in the form of primary data. Primary data refers to first-hand and personal data sources that the respondents will provide as data for the researchers.

#### **Phase 2: (Qualitative)**

For the qualitative phase, the researchers utilized an interview-guide protocol to collect the needed data. Consent to conduct the study was asked from one of the Public Secondary High Schools in Cluster 1 Division of Pampanga, and the respondents' advisers before the data collection process. After the approval was granted, the researchers began in the second week of the third quarter. The researchers explained the concept of the study to the chosen respondents face-to-face. The data source for the study was in the form of primary data. Primary data refers to first-hand and personal data sources that the respondents will provide as information for the researchers.

### **Data Analysis**

#### **Phase 1: Quantitative Data**

Upon analyzing the data collected from the standardized instrument, the researchers used two (2) procedures—quantitative phase. The researchers arranged and prepared the information collected and used statistical tools to provide accurate and precise interpretation of data.

The researchers used the Statistical Package for Social Sciences (SPSS) to calculate the weighted mean of the data collected. Meanwhile, the standard deviation was calculated to determine if the information is significantly in proximity to the mean or is spread out on a broader range of values. The standard deviation will be a proportion of the spread scores inside an information cluster.

#### **Phase 2: Qualitative Phase**

The qualitative data analysis phase used thematic analysis upon evaluating and analyzing the data to clarify, explain, and interpret the data collected from the responses of the participants in the study. The procedure involved in this phase will be the qualitative interpretation

of quantitative results from the data gathered from the respondents in the first phase. The process of this phase is the interview transcription where the extracted data will be transcribed and described into units of meaning through key point coding. Coding with similarities was grouped into concepts that were tackled to form themes.

To evaluate and analyze the data to understand, simplify, and explain the information gathered from research participants' responses, the qualitative analysis of the data phase was used in the concept analysis. This phase's process involved interpreting the

quantitative findings from the respondents' data in a qualitative way. Transcription of the interview is the method of this phase. Key point coding was used to extract and characterize the transcriptions' data into units of significance. Similarity-based coding was compiled into concepts, which were then examined to create themes. According to Creswell (2009), thematic analysis is one type of qualitative analysis. It is used to look into classifications and present themes (patterns). The data is linked to items. It presents a thorough explanation of the facts and employs interpretations to address several subjects.

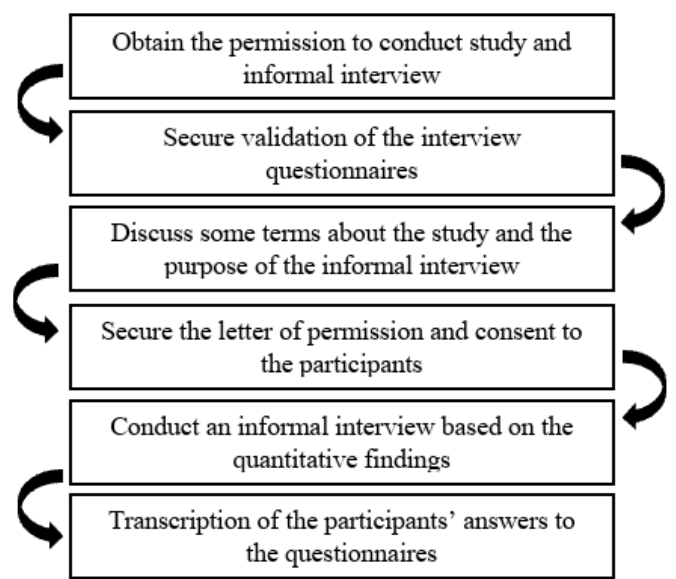


Figure 1. Qualitative Data Gathering Process Used in the Study.

## Result and Discussion

Table 1 Intrapersonal and Interpersonal Conflicts of Male and Female Respondents

	Male		Female	
	Mean	Interpretation	Mean	Interpretation
<b>Intrapersonal conflicts</b>				
1. Using the internet is a way for me to take a break from things.	3.43	Agree	3.24	Agree
2. I often anticipate my next connection	2.81	Agree	2.68	Agree
3. I find life dull, meaningless, and depressing without the internet.	2.37	Disagree	2.46	Disagree
4. I become upset when someone bothers me when I am online.	2.56	Agree	2.43	Agree
5. I find that time flies when I am browsing the internet.	3.24	Agree	3.34	Agree
6. I find that interacting with people online is simpler or more convenient than in person.	2.91	Agree	3	Agree

	Male		Female	
Intrapersonal conflicts	Mean	Interpretation	Mean	Interpretation
<b>Interpersonal conflicts</b>				
7. I frequently meet new online friends.	3.02	Agree	3	Agree
8. I often stop what I am doing to stay connected longer.	2.62	Agree	2.53	Agree
9. I believe that using the internet has harmed my performance in school.	2.83	Agree	2.26	Agree
10. I get anxious or worried when I am not online.	2.29	Disagree	2.12	Disagree

### **Male Intrapersonal and Interpersonal Conflicts**

The data shows the mean for each item, along with the relevant interpretation, which differs by item. The table clearly shows that the statement "Using the internet is a way for them to break away from things" had the highest mean of 3.11 and was interpreted as "**Agree**." Followed by the statement "They find life dull, meaningless, and depressing without the internet" has the lowest mean of 2.35 and is read as "**Disagree**." Furthermore, the statement "I find time flies when I am browsing the internet" obtained the second highest mean of 3.07 and was interpreted as "**Agree**", followed by the statement "They find that interacting with people online is simpler or more convenient than in person" and "They often anticipate their next connection" with a mean of 2.87 and 2.71 and were both interpreted as

"**Agree**." This implies that the respondents who actively participate in the Internet and other social networking platforms often use them to pass the time, seek entertainment, and take a break from the world outside of the Internet. This can be beneficial for individuals since it can act as a form of positive distraction or a mental break from personal problems. More recently, studies have found that the Internet, in contrast, can contribute positively to psychological well-being (Shaw & Gant, 2002). On the other hand, the respondents tend to not find life outside of the internet as dull but are just simply incorporating these online activities to seek entertainment and engage with something indoors.

### **Female Intrapersonal and Interpersonal Conflicts**

The data shows the mean for each item, along with the relevant interpretation, which differs by item. The table clearly shows that the statement "I frequently meet new online friends" had the highest mean of 3 and was interpreted as "**Agree**." Followed by the statement "They get anxious or worried when I am not online" which has the lowest mean of 2.12 and is read as "**Disagree**." The second highest mean of 2.53 and was interpreted as "**Agree**", followed by the statement "they believe that using the internet has harmed my performance in school with a mean of 2.26 and was interpreted as "**Agree**." This implies that respondents are more likely to use or engage with the internet and social networks because it is easier and potentially more effective to interact and meet new friends online compared to having to meet and talk to people outside of the Internet. The Internet is clearly on the way to becoming an integral tool of business, communication, and popular culture in many parts of the world. Computer-mediated communications have a wide range of supporters and detractors (Brignal III & Valey 2007). Moreover, according to the findings of this research, individuals believe that communication is more efficient when using the Internet and other social networking platforms because the Internet has a wider range of reach that allows individuals to contact and message people from far away. According to Hacker & Steiner (2009), To the point where Internet usage produces tangible benefits, individuals who use the Internet will have better odds and advantages over non-users, as with high-users and low-users.



Table 2 Results of the T-test between male and female intrapersonal and interpersonal conflicts

	Male	Female	Verbal Description
Mean	2.813	2.709	
Standard Deviation	0.836	0.831	
Variance	0.699	0.690	
T-value	1.59	1.59	Not Significant

Table 2 shows the calculated standard deviation and variance of the data from the male and female respondents. The T-test that the researchers conducted on the collected samples revealed a t-value of 1.59, which means that there is no significant difference between the interpersonal and intrapersonal experience of male and female ninth graders who actively use the internet and social networks. One of the factors that may play a role in this result is the social and emotional capacity and ability of the individuals. Because men showed greater down-regulation of amygdala activity and less pre-frontal activity during regulation, one might conclude that men can regulate their negative emotions with greater efficiency than women (Mcrae et al., 2018).

### ***Sequential Explanatory Data on the Issues, Concerns, and Social Networking Experiences of the Participants***

After transferring the collected data and going through the T-test, the researchers have identified that there is no significant difference between the collective experience of male and female ninth graders who actively use the internet and social networks. Furthermore, the researchers have also identified that there is a need to further understand and elaborate on the reasons and intentions behind the extreme answers of a selected few respondents in some of the items in the questionnaire. Some of the respondents have chosen answers that are significantly different from the majority, such as how the use of the internet and social networks can alter the emotional and social behavior of an individual for better or for worse.

### ***Qualitative Findings***

This study offered the findings and discussion based on the sequential explanatory data of the "The Internet and Social Networking Experiences" research topic. The particular order

is Information Variation and Accuracy, Social Communication and Affiliation, and Mental and Emotional Regulation. The participants provided the findings for the objective.

Additionally, similar concepts such as Internet usage is both positive and negative, Entertainment and comfort, Academic assistance, Personal research for information, Communication, and entertainment, Internet impact is subjective, Privacy and safety, and Internet impact is universal appeared in specific answers of the participants.

### ***Information Variation and Accuracy***

The narratives that are being provided are based on the opinions of Ninth Graders (NG's) in the Philippines on the internet and social networking experiences. The stories suggested that with the usage of the internet and numerous related social networks, individuals are given a tool or medium to gather and acquire information more efficiently and effectively.

The narratives offered are based on the thoughts of Ninth Grade (NG) students in the Philippines regarding their internet and social networking experiences. According to the stories, using the internet and several connected social networks provides individuals with a tool or channel for gathering and acquiring information more efficiently and effectively.

Information can be translated and used in many ways, and each of the narratives or responses given by the participants has been related to how the participants manage and take information from the internet and use it for different purposes under different circumstances.

Some of the similar concepts that were shared by the participants state that the internet provides individuals with dozens of information that aid difficulties in academics because added and in-depth information are available with a few clicks.

Additionally, the internet and the relevant social networks involved also provide a medium to discuss multi-faceted topics with a wide range of options and people to choose from, which increases the level of engagement that the individual has. A huge number of the participants have reported using TikTok, Google, and YouTube as their primary sources of information. However, with millions of information surfacing in the web, the level of accuracy and the variation of information becomes relative. Some of the comparable views shared by the participants include the fact that the internet provides individuals with a wealth of knowledge that aids academic issues by making additional and in-depth information available with a few clicks.

Furthermore, the internet and the associated social networks involved provide a means for discussing multifaceted themes with a diverse variety of options and people to choose from, increasing the amount of engagement that the individual experiences. A large percentage of participants indicated using TikTok, Google, and YouTube as their primary sources of information.

According to Doiub and Belkhiri (2023) the significance of social media in disseminating news and information along with how journalists, activists, and regular people can exchange news and information. Also, the difficulties and problems that digital media news outlets face, such as concerns about the reliability and integrity of news and information. Furthermore, they endeavor to ascertain the function of social media in promoting consciousness, instruction, and communication with the public, along with the obstacles confronting press freedom and human rights, particularly in light of a revolution that has cemented the legitimacy and continuity of the platforms. Moreover, they demonstrate the steps taken to guarantee content quality, establish credibility, and promote transparency in the media, as well as the latest technological advancements that aid in the correction of false information and support the assurance of the veracity of news and information that is published.

According to Xing (2020) reliability challenges in the layered IoT architecture, focusing on perception, communication, support, and

application. Despite extensive research, IoT reliability research is still in its early stages, addressing current under-explored behaviors and future new aspects of evolving IoT systems. Studies demonstrated that headlines with a large number of Facebook likes had a higher level of credibility, which improved the accuracy of real news detection while decreasing that of fake news detection according to Luo, Hancock, and Markowitz (2020).

*(It's like, sometimes, it's hard to believe what you see on the internet. It's also believable in a way that sometimes it's like a bad influence for us students, and sometimes it's also useful because it's also helpful for academics. My relationship with friends and family is when I interact with people, and when I express myself, the only thing that is ugly is that bashers seem to have fake news, and that's just a bad environment on the internet) " Kumbaga parang minsan mahirap maniwala sa mga nakikita sa internet yung kumbaga nakakapariwala din, in a way na parang may times na bad influence din siya para sa amin mga estudyante and minsan ano rin may pakinabang din siya dahil nakakahelp din siya para sa academic and yung relationship ko sa friends and family yung pag interact ko sa mga people and yung pag express ko sa sarili ko yung panget lang is yung parang may mga fake news yung mga bashers and yun basta may bad environment din sa internet " - NG 01*

*(I describe my experience overall pretty entertaining specially because i mostly use a lot of internet and social media ) " Inilalarawan ko ang aking karanasan sa, medyo nakakaaliw ito dahil karamihan ay gumagamit ng maraming internet at social media" - NG 05*

*(My overall experience using the internet so far has been useful, especially when we have projects or assignments we are doing now. Because we have research, we can use the internet in a more useful and educational way, and of course, sometimes, when it's not sort of entertaining, the internet is my way ) "my overall experience"*

rience sa paggamit ng internet so far useful especially kapag may mga project or mga assignment kaming ginagawa ngayon dahil may research kami mas nagagamit namin yung internet in a more useful and educational way and syempre minsan kapag hindi sort time parang entertaining way ko yung internet” - NG 06

(My overall experience on the internet is okay, but sometimes I come across information that wasn't covered in school. For instance, if there's a lesson I don't understand, I just search for it online. Through that, I learn things I didn't know before) “Yung overall na experience ko sa internet ay okay naman kaso ano nakaka kuha ako ng information na hindi nila na a-ano sa school, kunyare may hindi ako naiintindihan na lesson sine-search ko nalang ganon. So sa pamamagitan non nalalaman ko yung mga hindi ko nalalaman” - NG 07

(I always use TikTok because it can interact with other people, you can chat with them on that platform, and it can entertain with videos) “Ginagamit ko po lagi is TikTok kase it can interact with other people and you can chat them to that platform at nakaka entertain siya sa mga videos” - NG 08,

(I think it seems like it depends on the person and the impact he has on the internet. If you know how much you mean to something you saw on the internet, you can see how much you are in it. It's not about gender or what's in the person's mind that affects how much you impact something) “Sa tingin ko po is parang depende sa tao at sa epekto niya sa internet. Kung alam mo kung gaano kahalaga sa isang bagay ang nakita mo sa internet, makikita mo kung gaano ka kasama dito” - NG 01

(A while ago, our teacher was told about cyber safety; it appears that as a result, he has a beneficial and negative impact, especially on what appears to be our private life) “Meron po, kanina po kasi meron pong ininform yung teacher namin about sa cyber safe, parang dahil doon is

meron po siyang positive and negative impact specially po sa parang private na life natin” - NG 02

(Yes, the internet is because they don't target a specific gender, which mainly affects all humans) “Yes po yung internet po kasi they dont target specific gender po that mainly affects all cause were all humans” - NG 03,

(Perhaps it affects them, I mean, it affects both genders, but not in the same way. It affects them as individuals, not just as male or female, so the impact is more or less equal for both genders) “ Siguro nakaka epekto ito, i mean like pareho namang nakaka apekto yun, Pero hindi like yung parang magka iba talaga sila kase nakaka apekto yon bilang tao at Hindi lang like bilang babae sya and lalake sya ganon so parang pantay lang yung epekto nun sa babae at lalake” - NG 04,

(Yes, the impact are the same for both boys and girls since they also both use social media, so they should also have the same effects) “Oo pareho lang ang impact sa lalaki at babae since pareho din silang gumagamit ng social media, kaya dapat pareho din ang effects nila” - NG 05

(There are many similarities in the positive and negative impacts on both boys and girls, we are the same gender and experience cyber bullying, for example, and they also have many similarities in the positive impacts) “ Maraming pagkakatulad ang positibo at negatibong epekto sa kapwa lalaki at babae, pareho tayo ng kasarian at nakakaranas ng cyber bullying, halimbawa, at marami rin silang pagkakatulad sa mga positibong epekto” - NG 06,

(The negative and positive effects of social networks vary because its impact on girls may differ from its impact on boys, as we all have different experiences in life) “ Iba-iba yung epekto ng negatibo at positibong ano ng social network kase kung pwedeng ma iba yung impact nya sa babae pwede yung iba yung impact nya sa lalake kase iba-iba din tayo ng ano sa buhay” - NG 07,

*(The internet and social networking affect my feelings. I can communicate or socialize better with people who are far away from me) "Nakakaapekto ang internet at ang mga social networking sa aking damdamin pwede akong maka communicate or mas makasalamuha ang mga taong malayo sa akin" - NG 08,*

*(Social networking affects us, like when my mom is abroad, we use social networks to communicate with her) "Social networking ay nakakaapekto sa amin, tulad ng kapag ang aking mama ay nasa ibang bansa, ginagamit namin ang mga social network upang makipag usap sa kanya" - NG 07,*

### **Social Communication and Affiliation**

Social Communication and Affiliation is another common trend in this study. Based on the narratives provided by the participants of the study, it is revealed that communication and affiliation are also an important aspect of the overall experience of the active users of the individuals.

The similar concepts that appeared in this category from the data provided by the participants are as follows: Because the internet provides great social space and connection, users use it to interact and belong with other circles of people and maintain contact with those the users already have a connection with. Participants of this study have stated in multiple questions that the social aspect of internet usage is highly emphasized as being relevant to their everyday lives since social networks provide numerous ways and mediums for communication and interaction.

This growing population of social media users is spending more and more time on social network groupings, as facts and figures show that individuals spend 2 hours a day, on average, on a variety of social media applications, exchanging pictures and messages, updating status, tweeting, favoring, and commenting on many updated socially shared information (Abbott, 2017).

Nowadays, a growing number of people use social networks to make and keep friends, find social support, and collect information. Individual characteristics may encourage users to sign

up for social networking sites and engage in other relevant activities. The purpose of this study is to determine whether social networking site membership is more common among those who need affiliation, pride, low self-esteem, and communication anxiety. (Ahadzadeh, A., Sharif, S., Wei, K., & Ahmed, N. (2014).

This may become increasingly important as students are seen to be using social media platforms more than before and social networking is becoming an integral aspect of their lives. As described by Iwamoto and Chun (2020)

*(If it seems like maybe the difference between us is that the side of the girls is more toxic because they are the ones who care more about what other people say except for the boys, and of course the boys also have times they also do a lot, like watching pornhub) "kumbaga parang siguro yung pinagkaiba namin is parang mas toxic yung side ng mga girls kase silla yung mas may pake sa mga sinasabi ng mga ibang tao except sa mga boys and syempre may mga times din yung mga boys marami din silang nagagawa din like yung panonood ng porn hub" - NG 01,*

*There is, since it's based on what they like. For example, with girls on Instagram, they prefer are more on social media, while the others are in online gaming ) "My overall experience sa paggamit ng internet so far useful especially kapag may mga project or mga assignment kaming ginagawa ngayon dahil may research kami mas nagagamit namin yung internet in a more useful and educational way and syempre minsan kapag hindi sort time parang entertaining way ko yung internet" - NG 02*

*(Maybe, it's because the other boys watch something and then the girls watch make-up and mainly prefer it ) "Maybe po kasi yung mga ibang boys po they watch something and then sa girls naman po nanonood po sila ng make-up and sa mainly preference po" - NG 03*

*(I definitely think that there are a lot differences between boys and girls when the use social media. For example, there are many different forms of basketball for*

guys, but I believe there are also accessories for ladies on social media) “ I definitely think that there are a lot differences between boys and girls when the use social media. For example, boys syempre maraming ano riyan basketball, tapos sa mga girls, feeling ko nasa social media rin nila is yung mga make up make up” - NG 05

(There are many differences between the use of girls and boys on social media, especially because boys have different interests in social media than girls) “ Maraming differences yung pag gamit ng girls sa boys sa social media lalo na dahil iba iba yung interest ng mga boys sa social media kaysa sa mga girls” - NG 06

(In the program, I will include something like an anti-virus program or a safety guard. When you browse the Internet, scammers will not easily target you ) “Sa programa, isasama ko ang isang bagay tulad ng isang programa laban sa scam. Kapag nag browse ka sa Internet, hindi ka madaling i target ng mga scammer” - NG 03

( If I were to create a program, it would include games where people can have fun while learning and also relax. They would learn something new, not just have fun. If I were to create a program, it would include games and activities like those in clubs. They could learn and have fun at the same time, and they would also meet new people, make friends, and build friendships) “ Kung gagawa ako ng programa, kasama rito ang mga laro kung saan ang mga tao ay maaaring magsaya habang natututo at makapagpahinga rin. May matututuhan silang bago, hindi lang basta masaya. Kung gagawa ako ng programa, kasama dito ang mga laro at aktibidad tulad ng mga nasa club. Maaari silang matuto at magsaya nang sabay sabay, at makakakilala rin sila ng mga bagong tao, magkakaroon ng mga kaibigan, at magkakaroon ng mga pagkakaibigan” - NG 07

## Mental and Emotional Regulation

Similar concepts that fall under this category often had links with how the participants view the internet and their related social networks on a highly personal and subjective level. Oftentimes, both male and female users of the internet and social networks share similar experiences since both side's emotional aspects are affected and influenced by a variety of information from these daily mediums that users actively engage in.

Some participants have reported that with the use of the internet, their self-confidence either decreased or increased, relative to how they encounter their everyday lives with the social networks that they actively participate in.

On the other hand, some participants answered in the way that revealed that communications and interactions that they have experienced helped them deal better with the people around the participants, enabling the participants to feel comfortable and experience life differently. Moreover, the internet to some of the participants felt that the internet has also helped overcome some of the fear and anxieties that the participants have been experiencing and it has affected the level of confidence and self-acceptance on the part of the participants.

The last trend in this study is mental and emotional regulation. Participants who are highly dependent on the internet have a higher chance of being influenced, whether it be their social or emotional aspects. Some of the respondents reported positive impacts on their confidence and emotions while others were extremely affected by their attention spans

Chervonsky, E. (2019). Investigates the connection between early adolescent social outcomes and emotion regulation techniques (reappraisal and suppression). There was insufficient data to support the unique relationship between reappraisal and social consequences. Higher reappraisal use, however, may be protective against the detrimental social implications of worse mental health, according to interaction effects. Suppression use was associated with worse mental and social wellness as well.

According to Lavanya (2017). The relationship between emotion regulation and emotional well-being among university students, focusing on perceived discrimination. Results showed that negative emotion regulation strategies were linked to lower emotional well-being, highlighting the importance of emotion regulation in enhancing long-term well-being, work performance, personal relationships, and overall health.

According to Dawel, A. (2021). The study challenges the assumption that emotion regulation contributes to mental health outcomes, finding that cognitive reappraisal is unrelated to mental health symptoms. Instead, greater emotional suppression is associated with higher symptom levels for depression and anxiety. This bidirectional relationship suggests emotional suppression is both symptomatic and predictive of psychological distress. The lack of a relationship for cognitive reappraisal in the pandemic context highlights the need for further understanding.

*(I don't think there is any difference in what men and women use on social media or the internet because we enjoy social networking) "Sa palagay ko walang pagkakaiba ang mga ginagamit ng lalaki at babae sa social media or internet dahil nag eenjoy kami sa social networking" - NG 08*

*(The internet and social networking affect my feelings. I can communicate or socialize better with people who are far away from me) Nakakaapekto ang Internet at ang mga social networking sa aking damdamin pwede akong maka communicate or mas makasalamuha ang mga taong malayo sa akin" - NG 08*

*(If the internet is too much for me to express my feelings, like if it's just a pretend example, someone listens to me like that, or if I feel like I'm happy, I'm just being posted, or maybe I'm sharing that post, and when I idolize people I see on Facebook ) "Kung ang internet ay sobra sobra para sa akin upang ipahayag ang aking damdamin, tulad ng kung ito ay isang kunwari lamang na halimbawa, may nakikinig sa akin nang ganyan, o kung*

*pakiramdam ko ay masaya ako, ako ay nai post lamang, o marahil ay nagbabahagi ako ng post na iyon, at kapag iniidolo ko ang mga taong nakikita ko sa Facebook" - NG 01*

*(What I can say here that I want to add to this is the increase in self-confidence and the fact that in positive bodies, the insecurities are like that because those like me, who are ninth graders, and the teenagers of our time, have low self-esteem and self-confidence in themselves. I just want to add the gender gap, maybe that's the same for everyone) " Ang masasabi ko dito na gusto kong idagdag dito ay ang pagtaas ng tiwala sa sarili, ang mga insecurities ganyan dahil ang mga katulad ko, na nasa ika siyam na baitang, at ang mga tinedyer sa ating panahon, ay may mababang pagpapahalaga sa sarili at tiwala sa sarili sa kanilang sarili. Gusto ko lang idagdag ang gender gap, baka ganyan din sa lahat " - NG 01*

*(In the program, I will include something like an anti-virus program or a safety guard. When you browse the Internet, scammers will not easily target you) " Sa programa, isasama ko po ang isang bagay tulad ng isang programa laban sa scam. Kapag nag browse ka sa Internet, hindi ka madaling i target ng mga scammer" - NG 03*

*(I plan to create a program in which people who are both dealing with their studies or any other source of trouble meet, but they must both be ninth graders so that they can easily relate to each other, and then they will simply exchange their experiences, views, and beliefs) "Gagawa ako ng program na kung saan mag meet up yung mga pare parehong nahihirapan sa mga studies or any source of problem, pero dapat pare pareho silang ninth graders para madaling makarelate sa isa't isa and then they would judt share their experiences thoughts and beliefs" - NG 05*

*(I think I promote gender equality, and I will make both genders aware of the different things that boys go through that girls don't know about, and I will make*

boys aware that they don't know what girls go through, like their feelings) "Sa palagay ko ay isusulong ko ang pagkakapantay pantay ng kasarian, at gagawin kong kamalayan ang parehong kasarian sa iba't ibang mga bagay na pinagdadaanan ng mga lalaki pp na hindi alam ng mga batang babae, at gagawin kong kamalayan ang mga lalaki na hindi nila alam kung ano ang pinagdadaanan ng mga batang babae, tulad ng kanilang pakiramdam po" - NG 06,

### Summary

1. This tackles an important aspect of the overall experience of users or in this case, the students. It was contextualized as the personal or individual level experience of the user and is an important factor in determining how individuals use the internet and other social networking platforms when for their means.
2. The Internet and social networking platforms are dominantly social mediums for interaction and communication, and it was contextualized here as the aspect of the user's experience that focuses on the social side of things.
3. The study focuses on ninth-grade students in the Philippines' experiences with the Internet and social networking. The participants express their opinions about the internet and its ability to efficiently gather and acquire knowledge. They describe the internet as a treasure of knowledge for academics and a diverse range of possibilities for addressing complex topics. Many people rely on TikTok, Google, and YouTube as their primary sources of information. While social communication and affiliation are equally significant parts of the Internet's user experience, users utilize it to engage with and belong to others, as well as to stay in touch with those with whom they already have connections. The study emphasizes the significance of mental and emotional management on the internet and social networks. Some participants report decreased or increased self-confidence as a result of the internet, while others believe it has helped them deal better with others

and overcome fears and anxieties. The study shows a significant trend in mental and emotional regulation, with participants who are heavily reliant on the internet experiencing positive effects on their confidence and emotions, while others are severely affected by their attention spans.

### Conclusion

1. The findings of this study revealed that the students often felt that the internet and their corresponding social networks are a medium for their entertainment to relieve boredom and other negative emotions that may arise from their personal lives. In contrast, it also revealed that outside of entertainment and engagement with internet-related activities, individuals do not view life in a negative shade.
2. The findings of this study revealed that individuals also see the internet and other social networking platforms as a medium to interact with other people from anywhere in the world who are also active users of the platform. Moreover, social media is very popular because communication is made easier, which relieves the individual from exerting more time and effort to communicate.
3. Ninth-grade students can benefit much from their interactions with the internet and social networking sites, which provide opportunities for self-expression, connection, and learning. Parents, educators, and legislators must provide guidance and assistance to ensure that these platforms are used securely and responsibly, as well as to promote good digital citizenship among young users. There are ninth-grade participants who have experience with the internet and social networking and have made a statement about how the world is inside the internet and social networking. They claim that they have both beneficial and harmful impacts. The benefits include being able to conveniently obtain information, complete their assignments, and contact with loved ones who live far away. The bad implications of the internet and social networking are that many people abuse them in various ways, such as scamming and bullying, and

some distribute false information to everyone.

## Recommendations

1. Future researchers dive more into the interpersonal encounters and experiences of the individuals who use the internet and other social networking platforms for advancements in this field of research to be made.
2. Potential future research in this aspect or category of social networking can view the option of examining the social aspects involved in internet and social networking use among individuals for further studies to better grasp the impact and overall difference in the experiences of the individuals.
3. Although the study revealed that internet usage is beneficial for young individuals trying to find entertainment, screen time addiction can also be a consequence if there are no restrictions. Additionally, researchers recommend that the following efforts dive more into the interpersonal encounters and experiences of the individuals who use the internet and other social networking platforms for advancements in this field of research to be made.
4. Despite the Internet and social networks serving as an alternative for face-to-face communication, there should be restrictions so that people are not too reliant on the internet for everyday communication. Potential studies in this aspect or category of social networking can view the option of examining the social aspects involved in internet and social networking use among individuals for further studies to have a better grasp of the impact and overall difference in the experiences from the individuals.
5. Restrictions and ethical use of the internet and social networks should be observed from both male and female users to ensure that the experiences brought about the use of the said medium stay balanced and healthy.

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