



Impact of Social Media on Academic Performance and Interpersonal Relation Among Medical Students

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BACKGROUND

Social media has become an integral part of modern life, profoundly influencing education, communication, and lifestyle. In academic settings, particularly among medical students, its integration has transformed learning and information sharing. Despite widespread global research on this topic, data from Pakistan remains limited.

OBJECTIVE

This study assessed social media usage patterns among undergraduate medical students at SIMS, Lahore, Pakistan, Evaluating its impact on academic performance and interpersonal relationships, including social, physical, and mental well-being.



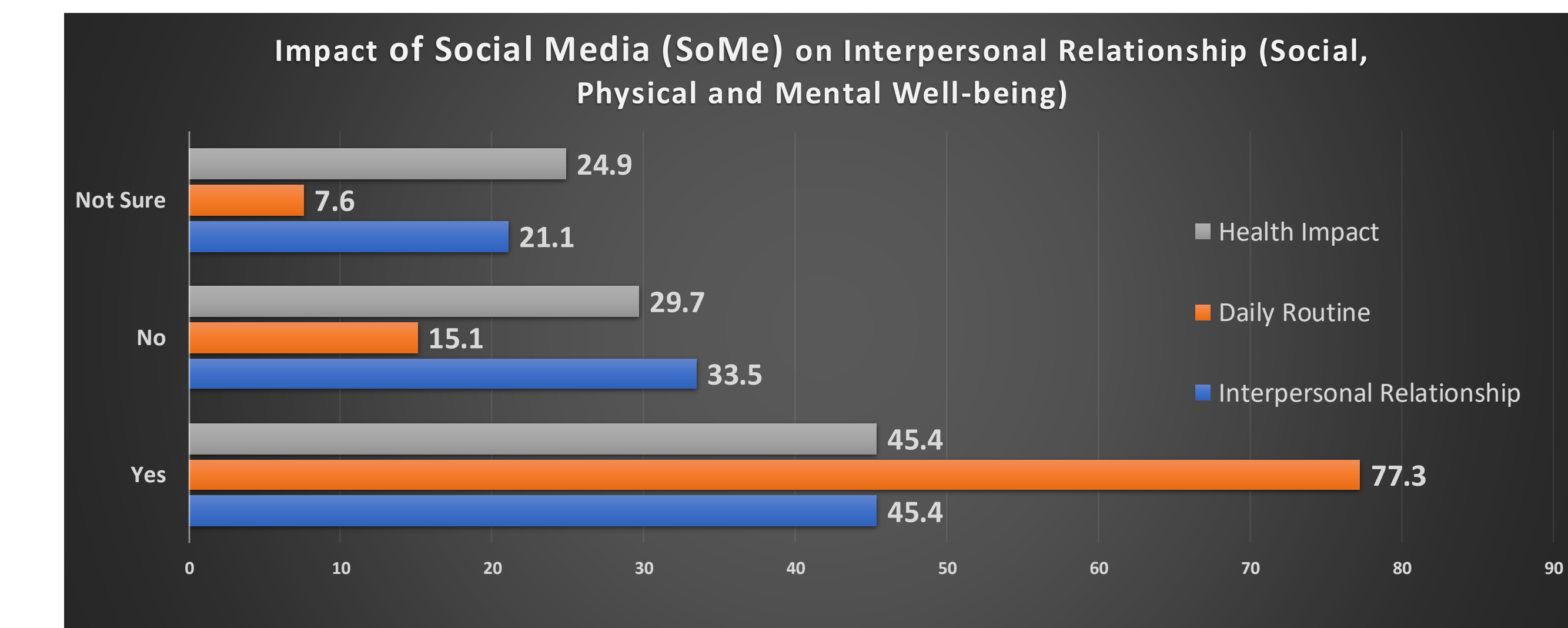
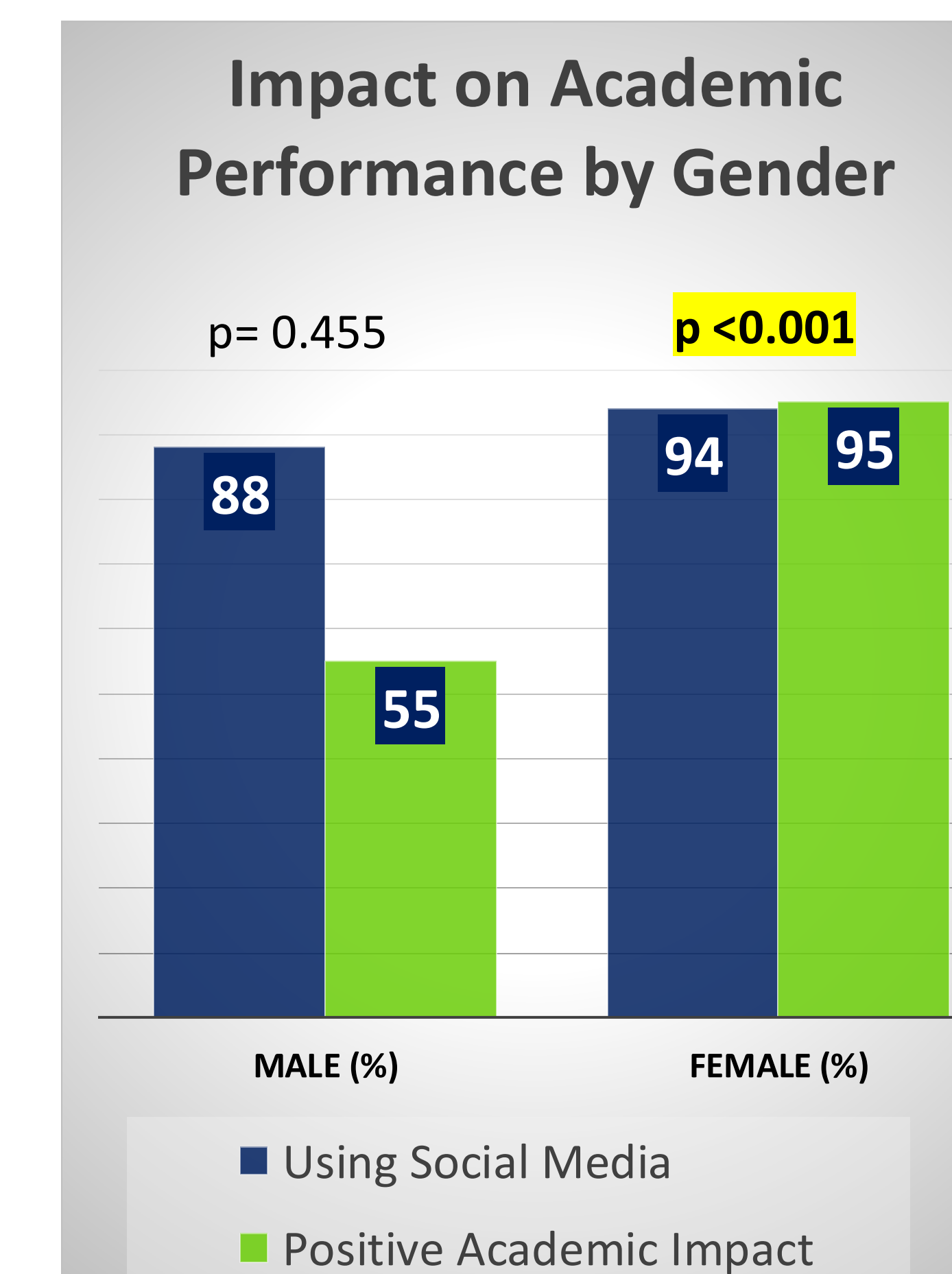
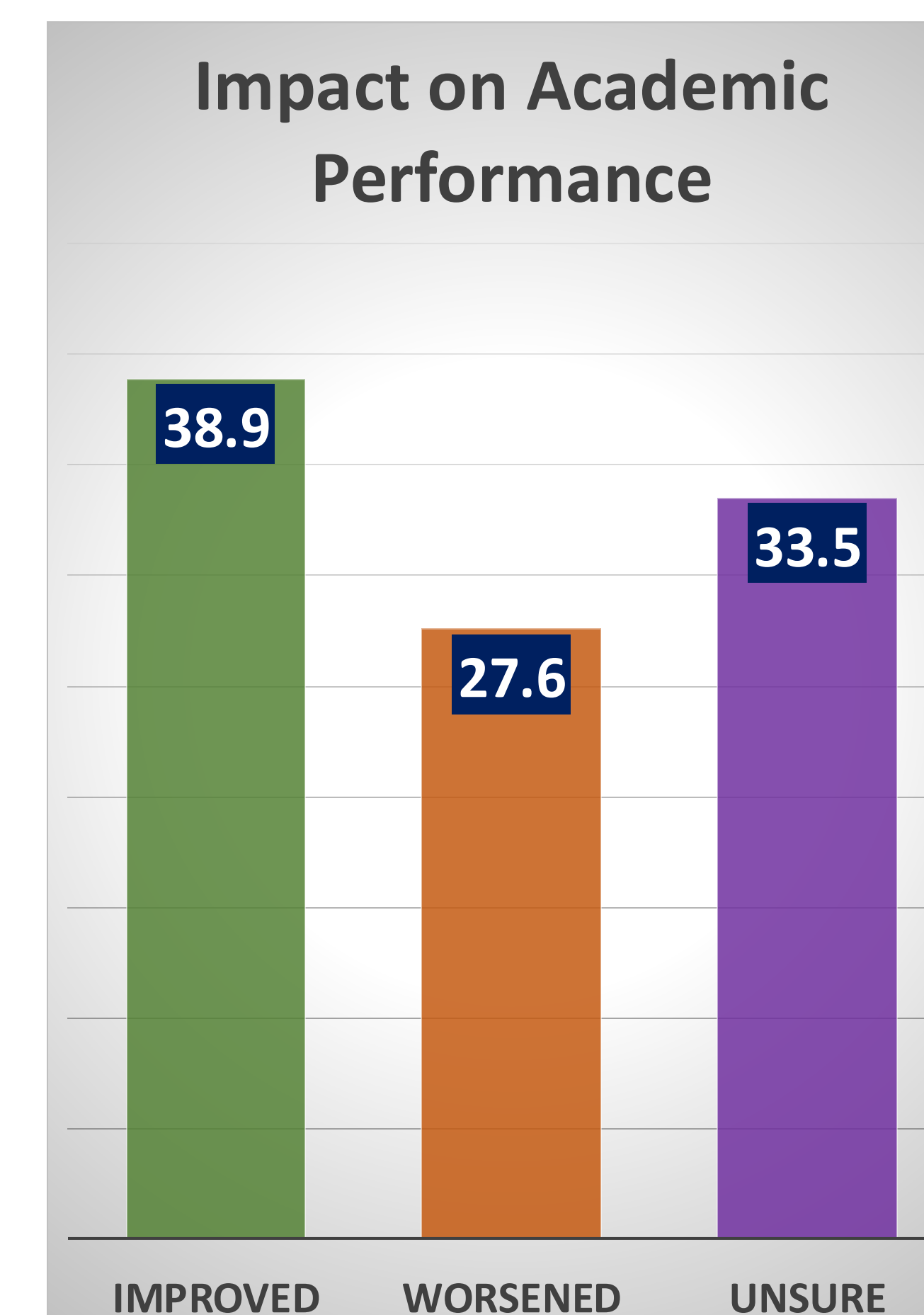
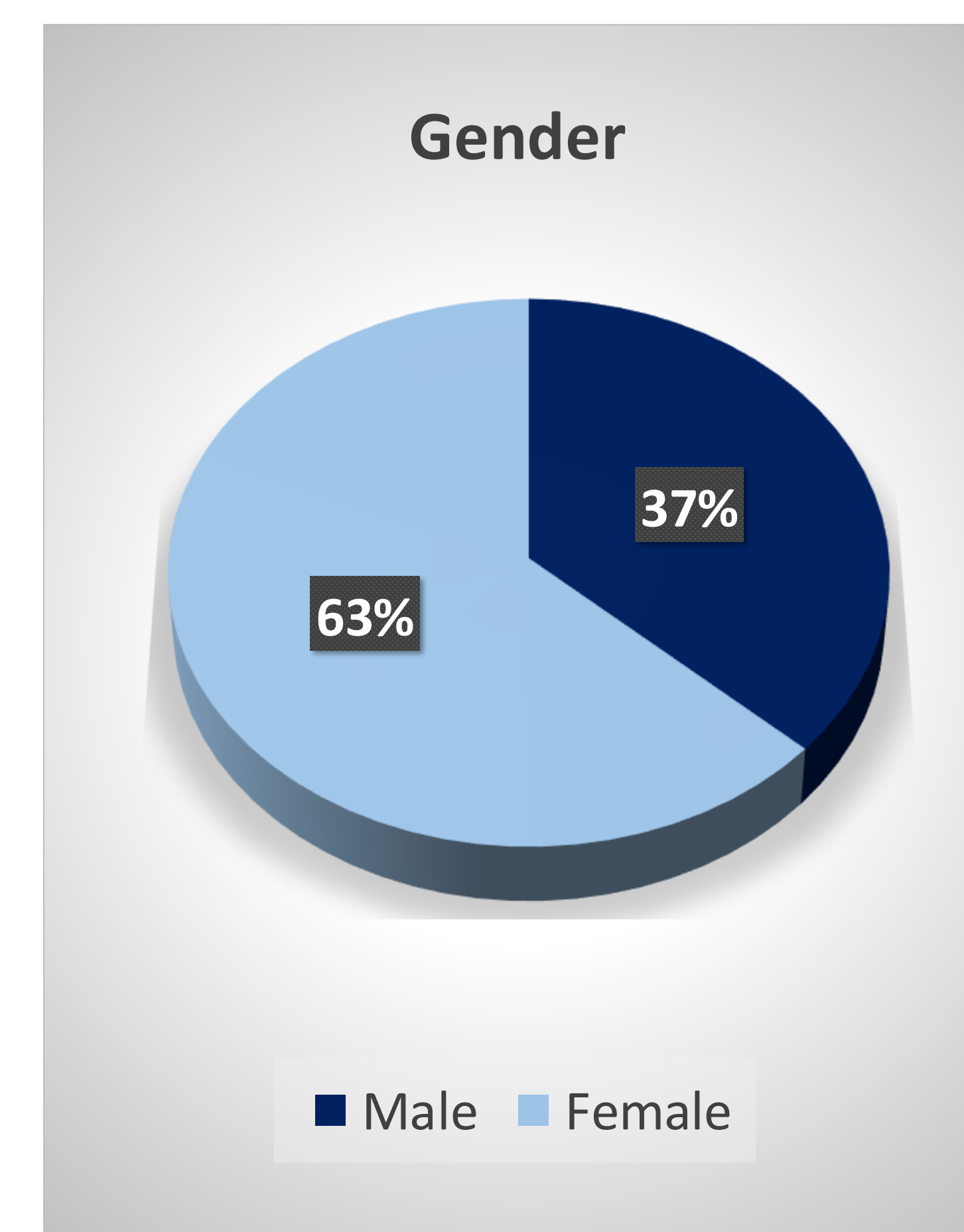
DESIGN AND METHODOLOGY

A cross-sectional study was conducted using a self-administered online questionnaire. The tool assessed on demographics, social media usage patterns, perceived academic impact, interpersonal effects. Data was analyzed using SPSS 28.

RESULTS

A total of 185 students (36.8% male, 63.2% female) participated

- 83% reported using social media for academic purposes
- 38.9% perceived a positive impact on academics, while 27.6% reported a negative impact
- Females (95%) were more likely to report a positive impact than males (55%) ($p < 0.001$)
- 45.4% believed social media affected interpersonal relationships
- 77.3% reported disrupted daily routines due to social media
- 45.4% reported negative effects on physical and mental health



CONCLUSION

Social media use is prevalent among medical students, with many perceiving academic benefits, especially females. However, its impact on interpersonal relationships and well-being appears mixed. It highlights the need for structured guidance on balanced usage to optimize academic outcomes while minimizing adverse personal and health-related consequences.

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