



## Impact of TikTok on BSN Students' Academic Performance, Mental Health, and Educational Engagement

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### ABSTRACT

TikTok as one of the social networking sites has become an inseparable part of students' everyday life including education. However, its effects on academic achievement, emotional well-being, and interest in instructional material, especially with BSN students, requires further research. This study aimed to examine the impact of TikTok on BSN students' academic performance, mental health, and engagement with educational content at Isra University, Hyderabad. This was a cross-sectional study done between July and September 2024 involving 50 BSN students selected by non-probability convenience sampling. The data was analyzed using IBM version 23 software and descriptive statistics. The study showed that 54% of the participants found TikTok educational helpful, 40% of them believed it distracts their study time, 62% stated that they get anxious when they cannot use it 76% mentioned it affects their mood and 56% of the participants reported that Tiktok supports the feeling of having social connectedness. The study concluded that TikTok use significantly impacts BSN students' academic performance, mental health, and engagement. While it offers educational content and promotes social interaction, it also leads to anxiety, mood swings, and distractions that hinder academic focus. BSN students should manage their TikTok usage to balance its benefits with potential negative effects.



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## Introduction

Communication via social networks is a necessity in present society and TikTok is one of the current popular networks for young people (Anderson, 2020). TikTok is an application for creating and uploading videos to a social network based on short-form videos. As with other apps designed to present different kinds of content, with its algorithm approach and

availability to a large amount of content, TikTok has not only become a source of fun but also learning (Wang, 2024). It is most prevalent in the students including nursing students who follow social media activities more often. Currently, TikTok is growing more and more, and it has prompted people to think about the possible effects it may have on the student's experiences, such as achievements, psychological state, or learning activities and processes (Tapia-Pancardo & Villalobos-Molina, 2023). Through the active presence of social media in the lives of learners, there are some advantages in case there are some disadvantages as well. On the one side, such applications as TikTok allow watching educational videos, instructions, and materials that can facilitate learning (Mei & Aziz, 2022; Munir et al., 2024). In particular, TikTok can become a convenient tool for finding the necessary nursing material, recommendations, and medical knowledge for nursing students who have been engaged in informative studies. It also enables students to synchronize with some of the current trends, findings, and or debates within the healthcare domain and may create a platform to foster a sense of belonging and or lifelong learning (Poza-Méndez et al., 2024). But still, utilizing TikTok is not devoid of several disadvantages. There has been research documenting the detrimental impact of using social media like TikTok as it leads to increased cases of anxiety, and stress besides low self-esteem; University students have to struggle with an increased level of academic pressure and now face the challenge of managing social media accounts that distract them from their studies (Hassan, 2023). Furthermore, exposure to cyberbullying and other related conducts noticed on TikTok negatively impacts Emotional health by making them feel more lonely and socially isolated. TikTok can also harm students and their study time and academic focus by interfering with their concentrate to do well in their nursing program (Shihab, 2024; Smith, 2022). Currently, the impact of TikTok particularly on the students' performance and wellbeing remains unknown (Zahra et al., 2022; Shah et al., 2021). Since the new generation of students is using TikTok it is critical to determine its impact on students' learning processes, emotional state, and academic performance. While these students may make good use of TikTok in learning, other students may have many issues with distractions and the negative psychological impact caused by TikTok. Hence the a societal need to ensure that those on the social media platforms are moderated appropriately (Amin et al., 2022; Herath, 2020; Ishfaq et al., 2024). This research aims to examine the impact of TikTok on BSN students in three key areas: Achievement, self and emotional well-being, and academic learning and participation. This research aims at finding out the impact of TikTok among BSN students; including, study habits, concentration, and focus. Also, the study will determine the levels of stress, anxiety, and self-esteem after using this app, among the participants. The research will also explore how TikTok functions as informational, through which students can find useful content and interact with supporting materials for nursing education. Therefore, these study findings can be beneficial to nursing educators and institutions to have better understanding on the influence of using TikTok and other forms of Social media on students' performances as well as their mental health.

## **Research Objective**

- To examine the impact of TikTok on BSN students' academic performance, mental health, and engagement with educational content.

## **Literature Review**

These social media such as TikTok have impacted a lot on how students receive information, have fun, and even interact. Today, TikTok has become the platform where short and

exciting videos about people's lives, trends, and knowledge can be shared. It has longstanding consequences for youth; however, the consequences of social media on academic performance, mental health, and educational participation specifically for BSN students are relatively new concepts.

### **Impact on Academic Performance**

The impact of social media on academic performance and otherwise is not in any way simple. Many research shows that extended hours spent on social networking and other sites such as TikTok interfere with student attention and performance. According to his study presented in Junco (2012), reduced time on books due to time spent on social media resulted in poor grades hence low GPAs. However, for the students, who are currently in their academic years and experiencing excessive academic pressure, the content of TikTok is unproductive and rather distracting during the study, as it requires a lot of attention to such uninteresting topics as anatomy, pharmacology, and clinical studies(Noreen et al., 2024). (Liu et al., 2020). Considering the duration of the posts, this format of information on TikTok may hinder cognitive learning which is important for achieving good grades in nursing education(Bangura; Rfeqallah et al., 2022). However, not all research studies more on negative impacts and experiences. There are also works indicating the educational value of TikTok. For example, TikTok has many videos which, if chosen properly, could improve learning, particularly for nursing students. Opinions, quizzes, study tips, and videos such as clinical tutorials and discussions of trends in the industry are usually posted on the site(Febrianti et al., 2022).

### **Influence on Mental Health**

Many studies have been conducted especially on the impact of TikTok on the mental health effect. On the one hand, TikTok gives not only the opportunity to interact with people but also get emotional support that seems to be extremely important for students, who struggle with academic stress. Having confirmed that social media encourage positive interpersonal communication that can reduce loneliness symptoms, this paper builds on the findings of Primack et al (2017)(Gajo et al., 2023). But also, from a psychological perspective, the platform risks are present. Fardouly et al., 2015 have discovered that analyzing the pictures of idealized images on social media can result in body dissatisfaction and low self-esteem, especially among the youth (Baothongchan, 2024). In addition, the victimization from cyberbullying and online harassment is an especially important issue for TikTok(Salsabila, 2023). Research explained that cyberbullying leads to an increase in mental health problems such as anxiety and depression which detract from the emotional pressures as nursing students go through education(YUAN & LIU, 2023).

### **Educational Engagement and Benefits**

TikTok has recently been in focus due to its capabilities of sharing educational material with students. The format for the platform is short and attractive videos that conform to the modern trends in technology-enhanced learning like the concept of microlearning to increase the rate of retention and interest(Rajan & Ismail, 2022). TikTok is especially valuable for nursing students as it offers a platform to consume further knowledge that is not included in the curriculum. The use of videos about nursing techniques, clinical tips, or trends in healthcare, these materials can help the students because they can gain peer relationships and updated information on the lessons(Artama et al., 2023). TikTok offers a platform for receiving educational content that complements formal education for students in nursing.

Teaching strategies, clinical reminders, and healthcare issues can enhance the student's learning by providing the opportunity for peer-to-peer and updated content in video formats (Poza-Méndez et al., 2024; Sattora et al., 2024).

## **Research Methodology**

**Study Design:** A cross-sectional and was conducted from July to September 2024.

**Study Setting:** The research was conducted in the Isra School of Nursing, Isra University Hyderabad.

**Study Population:** The target population of both males and females from the BSN program.

**Sample Size:** The sample size for the study was estimated by employing the formula based on a 95% confidence level and 5% margin of error. The sample size calculated from this population was 50 students.

### **Inclusion Criteria:**

- All BSN students (male and female).
- Students who were willing to participate in the study.
- Students who were present during data collection.

### **Exclusion Criteria:**

- Students who were not willing to participate.
- Students who were not available during data collection.

**Sampling Technique:** Non-Probability Convenience Sampling.

**Data Collection Process:** The study was approved by the Principal, of Isra School of Nursing School. Participants provided written and verbal consent after being briefed on the study's objectives. Questionnaires were distributed and collected during regular class sessions and study groups.

**Data Analysis:** Data were analyzed by statistical methods including frequencies, percentages, mean, and standard deviations from IBM SPSS version 23.

**Ethical Considerations:** Consent in writing was sought and secured from all the participants. The anonymity of the participants was preserved in the course of the given study.

## **Results**

The demographic breakdown of the 50 participants is as follows: Most of the respondents are aged 18-20 years (n=15, 30%) the other are within 18-24 years (n=17, 34%) while those above 25 were (n=18, 36%). Gender distribution shows the majority of the participants are females (n=42, 84%) while males are (n=8, 16%). In their year of study, the respondents were 18 first-year students (36%), 15 final-year students (30%), 11 third-year students (22 %) and 6 second-year students (12%).

**Table 1: Demographic Characteristic of Participants**

Variables	Category	Frequency (n)	Percent (%)
<b>Total Participants</b>		<b>50</b>	<b>100%</b>
<b>Age in Years</b>	18-20	15	30%
	22-24	17	34%
	Above 25	18	36%
<b>Gender</b>	Male	8	16%
	Female	42	84%
<b>Year of Study</b>	First Year	18	36%
	Second Year	6	12%
	Third Year	11	22%
	Final Year	15	30%

Analyzing the results presented in Table 2, it was found that 82% of BSN students use TikTok; however, there are fluctuations in how they see it. The responses regarding the questions like feeling anxious without TikTok, affected self-esteem, their mean values are 1.70 (SD= 0.462), and 1.88 (SD= 1.53) respectively which signifies high variance. On the other hand, specific questions such as whether TikTok impacts one's emotionality (mean = 1.24, SD = 0.431) elicit less variation implying less variation in the answers. However, the mean for the question on whether TikTok hinders study time = is 1.60, (SD = 0.494), thus emphasizing a moderate agreement among the students. All these statistics can be described as both highly polarizing and more varying when it comes to the extent of academic performance and well-being affected by the platform.

**Table 2: Impact of Tiktok Use On Academic Performance, Mental Health, and Educational Engagement**

STATEMENT		YES	NO	MEAN	ST. DEV.
Are you an active user of TikTok??	Freq %	41 82 %	9 18 %	1.18	0.388
Have you ever come across English lessons on TikTok?	Freq %	31 62 %	19 38 %	1.38	0.490
Do you feel anxious or stressed when you don't have access to TikTok?	Freq %	31 62 %	19 38 %	1.70	0.462
Do you feel that TikTok affects your self-esteem?	Freq %	17 34%	33 66 %	1.88	1.53
Have you experienced cyberbullying or online harassment on TikTok?	Freq %	9 18%	41 82%	1.82	0.388
Do you think TikTok has any educational benefits for students?	Freq %	27 54%	23 46%	1.46	0.503
Do you think schools should educate students about responsible social media use?	Freq %	32 64%	18 36%	1.35	0.484
Do you find TikTok useful for	Freq	29	21	1.42	0.498

educational purposes?	%	58%	42%		
Does the TikTok interfere with your study time?	Freq	20	30	1.60	0.494
	%	40%	60%		
Do you often engage with educational content on TikTok?	Freq	30	20	1.40	0.494
	%	60%	40%		
Do you believe TikTok has a positive impact on the world?	Freq	28	22	1.44	0.501
	%	56%	44%		
Do you think TikTok affects your interest in learning?	Freq	30	20	1.40	0.494
	%	60%	40%		
Does using TikTok impact your mood or emotional state?	Freq	38	12	1.24	0.431
	%	76%	24%		
Do you find that TikTok affects your ability to concentrate or focus on academic tasks?	Freq	22	28	1.56	0.501
	%	44%	56%		
Does interacting with others on TikTok influence your sense of social connection or loneliness?	Freq	28	22	1.45	0.501
	%	56 %.	44%		

## Discussion

The findings of this study provide an enhanced understanding of the consequences of TikTok usage in different features of the student's academic performance, well-being, and learning involvement. Concerning gender distribution, this study had more females (84%) compared to males; research shows more female TikTok users than males (Thomas et al., 2024). 54% of students think that TikTok is useful in learning something new, which is also supported by (Adnan et al., 2021; Yélamos-Guerra et al., 2022), who reported that the educational aspect is recognized by students, particularly in language development and higher academic sessions. However, other studies, identified that there are negative effects of TikTok on academic focus; this research showed that 40% of participants in this study admitted that it makes them lose focus on their studies, which was identified by (Obasi, 2024). Among the participants, 62% confessed that they experienced anxiety when unable to use TikTok. This is similar to Martinez et al. (2023) where the participants showed a large percentage of those who feel anxious without social media (von Fedak & Langlais, 2024). About the influence of TikTok on students' mood and emotional state 76% responded positively, which corresponds to the results of (Hassan, 2023) who stated that there is an influence of TikTok usage on the emotional ups and downs of students observed. Additionally, 18% of the participants encountered cyberbullying or online harassment on TikTok; this finding corresponds to (Noel, 2021) study that the participants met the same issue on other social media platforms. However, 56% of the students analyzed in this study pointed out that TikTok has a positive impact in terms of social belongingness, in line with (Herholz, 2023) who suggested that TikTok acts to help students tackle loneliness particularly those who live away from home.

However, (Herholz, 2023; Taylor & Chen, 2024) reported that, although TikTok can help make connections, it can also create negative comparisons that make people feel lonelier, which is a mixed result also found in this study about the overall effect of TikTok on the

students' psycho-emotional state. The results from this study of the positive and negative effects of TikTok on interaction and psychological well-being in this research correlate to another related research done by (Oktarini et al., 2022) where the author recognized that the digital tool can be both unifying and estranging in equal measure depending on how it is utilized by the users.

## **Conclusion**

The study concluded that TikTok use significantly affects BSN students' academic achievement, mental well-being, and involvement in their studies. TikTok encourages social interaction and provides useful educational content, but it also causes anxiety, mood swings, and distractions that impair academic concentration. The results highlight that BSN students should carefully monitor their TikTok usage and assess its positive aspects with potential for possible adverse effects.

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