An Empirical Study On Social Media Usage, Cyber Bullying And School Adjustment Among Undergraduate Students In Universities In Bayelsa State, Nigeria.

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ABSTRACT
The aim of this paper was to empirically examine the relationship between social media usage, cyber bulling and school social adjustment among university students in Bayelsa state. the study seeks to find out: the relationship between Facebook usage and university students' school social adjustment in Bayelsa state. The relationship between twitter usage and university students' school social adjustment in Bayelsa state. Two research questions and two hypotheses were formulated in line with the objectives of the study. The paper adopted survey research design. The sample of the study consisted of 720 undergraduates (year 2 and year 3 students) selected from different departments of the four universities and this constitute about10% of the students in the four universities. The result of the paper shows that both Facebook usage Twitter usage are significant predictor of university students' school adjustment. The paper therefor recommends that since Facebook and Twitter are important for academic discuss, the school management should make internet facilities free and available for students use.

INTRODUCTION
In the last ten years, of the twenty-first century, especially in Nigeria, technology has changed the way people interact and this has brought about the emergence of an open social platform. Such platform as social media that allow people to connect with each other and enhance social interaction to meet the needs of people based on technology in the world of today (George & Dellasega, 2011).
The utilization of online redirection has moved toward from one side of the world to the other. A piece of the exceptional electronic redirection stages are Facebook, WhatsApp, Twitter, MySpace, Instagram, Linkedin, and Google Furthermore, among others. Establishments and scholastics are reliably investigating on the web entertainment drives for joint effort and information progress. Today, online redirection is utilized in gigantic level arranging relationship as a stage where understudies consolidate endeavors with their educators, individual understudies and different experts across the globe. George and Dellasega (2011) fight that the utilization of virtual redirection orchestrates further engages understudies' learning open entryways, makes awesome assessments and get-together conversation, considers correspondence outside the audit entry, and chips away at genuine reasoning. Present days, understudies are know all about electronic redirection works with dependably; they use laptops, PCs, tablets and cells to effectively take part in electronic redirection stages for talking, making for a blog, content sharing and web learning purposes (Cassidy et at, 2011). In this way, understudies contribute a great deal of their survey energy through virtual redirection as opposed to in their edifying endeavors which appears to

frightfully influence their framework time, redirecting their thinking from their evaluations (Ndaku, 2013).

In the consistent days illuminating climate overwhelmed by electronic redirection stages like Facebook, Twitter, Instagram,YouTube, WhatsApp, among understudies cause cybercrimes/takes a chance since most understudies contribute the vast majority of their energy on the web. The maladjusted understudies have embraced electronic tormenting for the overwhelming majority causing other clients' pressure and brief them to feel peculiar in the stages or complaints. Cyberbullying joins the use of data and correspondence moves, for example, email, PDA and pager texts, enlightening, investigating individual Fights, and unfriendly web based individual looking at Regions, to help sharp, reiterated, and subverting conduct by an individual or get-together that should hurt others (Belsey, 2004). As shown by Willard (2004a), cyberbullying can take various plans, with the central plans going from gesture, copy, exploding, Denigration, Stowing away, deceiving to cyberstalking.

As shown by Kuppuswamy and Shanker (2010), relaxed partnership areas absolutely stick out and some of them redirects it towards non-accommodating and inappropriate activities including senseless talking and it is called mechanized tormenting to badger which, taking everything into account. This can cause pressure, impedance of understudies from their enlightening cutoff points as they contribute a lot of energy talking with themselves as well as others, who may not be understudies. This raised, modernized screwing with as per Ali, Iqbal and Iqbal (2016) is the utilization of data and correspondence improvement to intrude with and hurt in a cautious, miserable and sabotaging way. Mechanized intruding with, tormenting through electronic media, is a making issue in the optional and tertiary foundations. It is a deliberate appearing of on-line or robotized finding some middle ground, shame or torturing (Beran and Li, 2005).

Cyberbullying is a kind of tormenting or driving utilizing electronic means. Cyberbullying is likewise viewed as web upsetting. It has changed into a normal peculiarity, particularly among adolescents, as the electronic space has expanded and improvement has progressed competently (Smith et al 2008).

A reliably utilized importance of cyberbullying is "serious strong regions for a, appearing or direction that is done by a social gathering or an individual, utilizing electronic sorts of contact, essentially at least a few times and after some time against a significant fiasco with basic effort defend oneself." It is to be seen from typical requests between individuals of essentially undefined power or status that ceaselessly additionally happen on the web (Hinduja and Patchin, 2008). There are different varieties of the definition, for example, the Public Horrendous way to deal with acting Countering Board's more unambiguous definition: " the most famous technique for overseeing utilizing the Web, phones or different contraptions to send or post message or pictures expected to hurt or humiliate someone else."

The hesitance youth have in telling a power figure about occasions of cyberbullying has provoked horrible results. A few spot close to three kids between the ages of 16 and 18 have completed everything because of burden welcomed on by cyberbullying, as shown by reports by USA Today and the Baltimore Educated authority. These association the breakdown of Ryan Halligan and the breakdown of Megan Meier, the last decision of which accomplished US v. Lori Drew. High schooler suicides related with cyberbullying have genuinely ended up being more self-evident. Rebecca Ann Sedwick completed all that following being compromised through adaptable applications like Ask.fm, Kik Dispatch and Voxer (Hinduja and Patchin, 2008).

Understudies who mean to accomplish enlighteningly should finish a couple updates in the instructive climate they tracked down themselves. In that capacity, school change is the most extensively seen technique for overseeing changing as per the gig of being an understudy and to change into a piece of the school climate. Inability to change can induce mental achievement issues, social and school refusal or school dropout. Change is a cycle wherein people, changing into a given climate and try to conform to their constant circumstance to fulfill their necessities (Cho, Lee, Bae & Mokjeong, 2014). Lakhanu and Chandel (2017) perceived that school change is the strategy related with changing in accordance with the gig of being an understudy and to different bits of the school climate. As it turns out, understudies ought to make acclimation to suit the school and social climate they tracked down themselves. They need to figure out a sensible system for adapting to different instructive positions and assumptions establishing

building uncommon relationship with instructors, peers, as well as plan the overview and stimulate targets (Chi, Kim and Kim, 2018).

School change is the possible result of the change, the correspondence of a party of parts, which can be accumulated in two classes: inside factors (bio-mental) and outside factors (subject matter expert and socio-family). School achievement is in the most clear way impacted by the degree of scholastic new turn of events. The understudy who acquires the customary show should be recognizable as various according to school, as shown by his/her degree of understanding, since data allots the fixing get-together of mental plans which can be concentrated on through assessable introductions. In the educational system, maladjusted strategy for overseeing acting is in this way seen among understudies during the time spent utilizing virtual redirection among understudies. Maladjustment is the signs depicted by brief need or weight to join or change according to the social and illuminating climate. Social maladjustment respects, from an overall perspective, understudies' tendencies of relationship with watches, educators, relates, and going after the guidelines of reviewer and extra-ace collectivity (Caputi et al, 2012).

Statement of the Problem

In recent times social media have been a major stay in the minds of students and the world at large thereby causing a lot of drastic measure by students, teacher and even educational administrators at large. It is therefore of great importance to explore some of the trending issues facing students' academic performance as a result of social media. Students at all levels of learning now have divided attention to studies as a result of available opportunities to be harnessed from social media. Whether these opportunities promote studies is a question that needs to be answered.

There has been a decline in the adjustment of students in the school system; it appears that the addiction of students to social media cause them to lack concentration while studying and consequently lead to poor school adjustment. It seems also that the students who are always on the internet lack necessary skills that are required for positive school adjustment, as such, some of the students do not use personal study time table to schedule when to be on social media and when to study. Consequently, some of these students who are always on social media platforms are more likely to experience school maladjustment and lack concentration. Many of these maladjusted students fail in their examinations repeatedly which often leads to other antisocial behaviour such as bribery (paying for marks), examination malpractice, truancy and school dropout. Despite effort by school managements to reduce social media activities of students so as to encourage students' social adjustments, by formulating laws guiding misuse of social media platforms, the problem of cyber bullying still remains a hard nut to crack. It is against this backdrop that the study sought to investigate the relationship between social media, cyber-bullying on school social adjustment of students in tertiary institutions in Bayelsa state empirically.

Purpose of the Study

The aim of this paper is to examine the relationship between social media usage, cyber bulling and school social adjustment among university students in Bayelsa state empirically. Specifically, the study seeks to find out:

1. The relationship between Facebook usage and university students' school social adjustment in Bayelsa state.
2. The relationship between twitter usage and university students' school social adjustment in Bayelsa state.

Research Questions

The following research questions were posted to guide the study.

1. What is the relationship between Facebook usage and university students' school social adjustment in Bayelsa state?
2. What is the relationship between twitter usage and university students' school social adjustment in Bayelsa state?

Hypotheses

The following hypotheses were formulated to guide the study.

1. There is no significant relationship between Facebook usage and university students' school social adjustment in Bayelsa state.

2.   There is no significant relationship between twitter usage and university students' school social adjustment in Bayelsa state.

Significance of the Study

The findings of this study would benefit various stake holders, including the lecturers, policy makers, Government, students and future researchers. The study will benefit lecturers because the study will serve as a guide manual to guide to educate students on the dangers of abusing social media which resultant effect may be cyberbullying.

The findings of the study will reveal the strengths and weaknesses of the students' use of social media and how lecturers can help students adjust positively and effectively in the pursuit of their educational goals. Curriculum developers can equally share from the findings of this study as it may provide them with the necessary information to restructure the social networking sites to properly reflect the educational objectives.

This research will benefit the government in making suitable educational policies to ensure effective and efficient social school adjustment of students in Bayelsa State Universities. The result may equally equip policy makers with the needed information that can guide government in the formulation of laws/policies that would strictly restrict cyberbullying to enhance students' free interaction among users. It would benefit educational planner in their decision making and effective implementation of social media as an educational tool which can reduce the stress production of educational materials. The study would serve as literature base, for further researches and scholars on social media, cyber bullying and school adjustment. Generally, it can help to create awareness on the effects of social media on the educational well-being of university students.

LITERATURE REVIEW

The review of literature will look relevant empirical studies of researchers in line with the present study

Theoretical Framework

Technology Acceptance Theory by Berry T. Davis (1989)

Technology Acceptance Theory was propounded by Berry Tom Davis in 1989. This theory explains Information Communication Technology (ICT) usage behaviour, that is, what causes potential adopters to accept or reject the use of information technology. Two constructs (perceived usefulness and perceived ease of social media use) are the fundamental determinants of social media use and predict attitudes toward the use of the social networking sites, that is, the user's willingness to use social media. Perceived usefulness is the degree to which a person believes that using a particular social networking site would enhance his or her school adjustment. Perceived ease of use is the degree to which a person believes that using a particular social networking site would be free of effort. The reasons for the popularity of technology acceptance theory are based on the fact that it is a theory specifically developed for Information Communication Technology which encompasses social networking sites.

Technology acceptance theory has two advantages: ease of use (competence) and usefulness, (autonomy). In technology acceptance theory, usefulness can be seen as freedom and autonomy of an individual's decision as to whether to experience the use of social networking site as being useful. In other words, an individual decides whether the social media is useful or not and then adopts or rejects it. A close examination of the applicability of this theory shows that it fits well with conditions in which individuals voluntarily decide whether to use social networking site personally or not to use.

The implication of this theory to the present study is that students who perceive the usefulness of social media and has the willingness to use them will be efficient in relating with other users to enhance effective school adjustment. This is because Technology Acceptance Theory explains ICT usage behavior and emphasizes the freedom, autonomy and competence an student have decide the choice of the social networking site that enable him/her achieve the desired educational outcome.

Conceptual Review

The social media has impacted positively on the Nigerian youths and indeed, Nigerians at large, for one it has made the youths to become better informed and educated by being abreast of global news and information (Ogba, 2014). Though, the social networking sites offer all possible information to the in-

school adolescents, however, this information is not censored. In-school adolescents try to explore all environment, they tend to neglect the positive and important aspect of the social networking which is helping to access information for school adjustment. In-school adolescence may pursue pleasure and enjoyment at the detriment of school pursuit (Akaneme, Ibenegbu & Nwosu, 2013).

In the determined season of globalization, Facebook is plainly used as parts of tertiary students' lives. Studies into Facebook reveal its social and clever advantages as a long show up at loosened up correspondence site. For example, Mitchell (2012) strikingly checks out at motivation of seven students from non-nearby English-talking establishments in a brought English program up in America for joining and utilizing Facebook. It was found that they joined this long show up at social correspondence site for social reasons and had likely opportunities to get English and assess American culture.

The use of Facebook as a learning environment in huge level orchestrating isn't without imaginable risks and nuts and bolts. Demands concerning content having a spot, affirmation, following and advanced bothering, and virtual consistent quality are an essential piece of the time gives that are impacting students' school change (McCarthy, 2012). Moreover, stresses over Facebook as a sort of impedance and the effect it has on school execution have been raised (Sharp et al., 2011). Conflicting affirmation exists on the impact of Facebook on committed base on time for unequivocal specialists proposing that Facebook clients offer less energy looking at and achieve lower school results isolated from Facebook non-clients (Kirschner and Karpinski, 2010), yet various scientists have not found this affiliation (Kabre and Brown, 2011).

The utilization of Twitter in the homeroom for attempts gives the entryway to students to connect with each other across limits that could have been horrendous before right hand on Twitter. Junco, et al, (2010) states that homeroom discussion changed over Twitter reliably moved into extracurricular interests which enacted the relationship of students to each other. The makers recommend that there are open doorways for association and coming about correspondence through Twitter. While the lines among consistent and workspace are constantly gone head to head with the move of web related cells, twitter is overall more lightweight and activity driven, with clients posting their practices in a hurry through message or adaptable program. While giant extents of these activities have been ported to various phone stages, they are a huge piece of the time confined concerning the significance that can be talented on a reasonable PC or PC (Tagtmeier, 2010).

To extending student an entry in language learning, Solmaz (2017) trusted in Twitter to be a fundamental learning and educating space. Furthermore, concerning the language learning and showing rehearses, it was shown that Twitter, with its microblogging highlight, holds different purposes at various language levels and settings with moving undertakings as well as offering connection and correspondence with interacting clients of the objective language, as well as making an idea on seeing, trade of the significance and school change (Lang, 2013). In this way, Twitter obliges different wonderful language learning basic entries for students of language by offering made exertion likely entryways for rehearsing the language with neighborhood clients.

The usage of Twitter is kept up with to deal with the social presence of understudies in the electronic homeroom (Lang, 2013). Lang, (2013) saw that Twitter accessories with understudies to partake in an astounding number of joint endeavors from private messages, to figuring out social affairs, and to taking part in edifying experiences (Bista, 2014; McArthur and Bostedo-Conway, 2012). A couple of assessments showed the control of Twitter in fanning out an anticipated learning relationship among understudies and teachers through the most broadly seen strategy for coordinating sharing examinations, assets and reflections (Blair, 2013; Ebner, et at, 2010). Despite pivot around entryway showing system, Salter (2012) offered tips about keeping an eye on Twitter for the party backchannels (i.e., set a Twitter handle on each slide, use Twitter-obliging affiliations). Twitter empowers speakers and understudies to genuinely partake in conversation, since the clients can tweet and answer persistently (Priego, 2011).

Lang (2013) conveyed that in a few foundation, teachers and laborers have taken on a no bunch of virtual redirection framework, particularly the utilization of Facebook and Twitter in the structure way. Centered of online redirection, Rockinson-Szapkiw and Szapkiw (2011) presented that Twitter stayed aware of understudies' certain reasoning, blend and evaluation all through making experience. Research has

proclaimed positive connection between Twitter use and understudy liability where understudies examined Twitter for enlighteningly proper and obliging ways (Junco, Elavsky, and Heiberger, 2013; Junco, Heiberger and Loken, 2011). Twitter may not be fitting for all obliging circumstances contemplating the nature and alluding to of the courses.

Empirical Review

Karpinski (2009) found that Facebook users report GPAs of 3.0-3.5 while non-users reported 3.5-4.0. it further showed that Facebook users averaged one to five hours of studying per week, where non-users reported 11-15 hours per week. The study found a usage rate of 85 percent among undergraduate students and 52 percent among graduate students. This lower usage rate among graduate students could account for the higher rate of studying and GPA due to the typical higher intensity of graduate programs. Also, though graduate students typically maintain GPAs of 3.5 and higher, their Facebook use did lead to lower GPAs and school adjustment. The findings showed that 79 percent of Facebook users did not feel their use impacted their school performance.

Radel, (2011) found that Facebook is used and valued as a blended learning tool in tertiary institutions. Blended learning is a hybrid model that encompasses face-to-face and virtual instructions viewed as good practice because it provides interactions and prompt feedback among users (Martyn, 2003). Simpson (2012) examined if Facebook could be an effective and easy teaching tool in tertiary classes, and the qualitative outcomes showed that it was neither effective nor easy due to some certain factors that involved the instructor's familiarity with the tool usage and students' willingness to learn.

In a study by Bista, (2015) on "Is Twitter an effective pedagogical tool in higher education? Perspectives of education graduate students' school adjustment. The study presented the perspectives of education graduate students of using Twitter as a pedagogical tool for 15 weeks as a required social media activity in class. The results indicated that participants in each course reported a positive school adjustment for using Twitter; participants reported that Twitter provided space and opportunities to engage in academic activities as a new pedagogical tool. Participants reported they used Twitter to receive immediate and frequent course information, ask questions to the mentor, update course assignments and to share helpful information from outside the textbook with their fellow classmates and mentor which have enhanced positive school adjustment among students.

Similarly et al, (2013) on the usage of Twitter as an Enlightening Contraption: A Reasonable evaluation in Fundamental level orchestrating really focuses on the use of the most everything considered used more honest than anticipated to distribute content to a blog webpage, for instance, twitter in an overall enlightening class. The plan attempted 48 individuals who filled a quantitative report exactly on schedule, during, and clearly following participating in a course that pre-owned twitter as an edifying contraption. Around the completing of the course, individuals tended to eight certifiable arrangements concerning the cycle and considered using twitter. The chart result showed that individuals loosened up their utilization of twitter to grasp, that twitter also made positive school shift and moving in the direction work. Individuals' evaluations of including twitter as an instructing or learning gadget progressed during the course.

Another study was carried out by Farmer et al, (2006) on Twitter use as educational tool and school adjustment of rural African America early adolescents in the deep south. The study adopted multi method survey design. The population was made of 1, 900 students (1100 girls and 800 boys. The sample comprised 392 students (250) girls and 142 boys, all of whom were African American. Data was collected using peer report from school records at the end of the school year. Mean and standard deviation, regression analysis and ANOVAS were used to analyze the data collected from the participants. The result indicated that girls had significantly higher school adjustment than boys. Also, the result indicated that boys spent more of the study time on surfing the internet through twitter which had negative effects on their effective school adjustment.

METHODOLOGY

The research design used for this paper is survey research design. The sample of the study consisted of 720 undergraduates (year 2 and year 3 students) selected from different departments of the four universities and this constitute about10% of the students in the four universities. The sample was derived from the four universities selected for the study. To carry out this survey, Social Media Usage, Cyber bullying and School Adjustment questionnaire (SMUCSAQ) was designed by the researcher to generate information on the basis of the research questions and hypotheses.

DATA PRESENTATION

Hypothesis one

There is no significant relationship between Facebook usage and university students' school social adjustment in Bayelsa state.

The independent variable in this hypothesis is Facebook usage; while the dependent variable is university students' school adjustment. Simple regression analysis was the employed to test this hypothesis. The result of the analysis is presented in Table 1

Table 1. Simple regression result of the prediction of Facebook usage on university students' school adjustment

Model	R	R. square	Adjusted R. square	Std error of the estimate		
1	.332(a)	.111	.109	2.94359		
Model	Sum of square	df	Mean square	F		p-value
Regression	885.233	1	885.233	102.165*		.000(a)
Residual	7122.387	718	8.665			
Total	8007.620	719				
Variables	Unstandardized regression weight B	Standardized regression weight	Beta weight	t		p-value
(Constant)	21.547	1.446			14.899	.000
Facebook usage	.792	.078	.332		10.108	.000

* Significant at .05 level.

The simple regression analysis of the prediction of Facebook usage on the university students' school adjustment produced an adjusted R^2 of .109. This indicate that the Facebook usages account for 10.9% of the determinant university students' school adjustment in the study area. This finding is a critical indication that Facebook usages are relatively high in the area of the study. The F-value of the Analysis of Variance (ANOVA) obtained from the regression table was F = 102.165 and the sig. value of .000 (or p<.05) at the degree of freedom (df) 1 and 718. The implication of this result is that Facebook usage is a significant predictor of university students' school adjustment.

Hypothesis two

There is no significant relationship between twitter usage and university students' school social adjustment in Bayelsa state.

The independent variable in this hypothesis is Twitter usage; while the dependent variable is university students' school adjustment. Simple regression analysis was employed to test this hypothesis. The result of the analysis is presented in Table 2

Table 2. Simple regression result of the prediction of Twitter usage on university students' school adjustment

Model	R	R. square	Adjusted R. square	Std error of the estimate		
1	.866(a)	.750	.749	1.56213		
Model	Sum of square	df	Mean square	F		p-value
Regression	6001.724	1	6001.724	2459.458*		.000(a)
Residual	2005.896	718	2.440			
Total	8007.620	719				
Variables	Unstandardized regression weight B	Standardized regression weight	Beta weight	t		p-value
(Constant)	6.615	.598		11.070		.000
Twitter usage	1.670	.034	.866	49.593		.000

* Significant at .05 level.

The simple regression analysis of the prediction of Twitter usage on the university students' school adjustment produced an adjusted R^2 of .749. This indicated that the Twitter usage accounted for 74.9% of the determinant university students' school adjustment in the study area. This finding is a critical indication that Twitter usage is relatively high in the area of the study. The F-value of the Analysis of Variance (ANOVA) obtained from the regression table was F = 2459.458 and the sig. value of .000 (or p<.05) at the degree of freedom (df) 1 and 718. The implication of this result is that Twitter usage is a significant predictor of university students' school adjustment.

DISCUSSION OF FINDINGS
This section discusses findings from the results of the analysis. The discussion is presented in accordance with the variables of the study.
Facebook usage on university students' school adjustment.
The result of the first hypothesis indicates that, Facebook usages significantly relate to university students' school adjustment. The finding is as demonstrated by Rambe (2012) who saw that Facebook helped understudies by pushing conspicuous nature of standard issues that understudies had with course-based thoughts, while permitting schools to essentially more truly see difficulties understudies were encountering with the course. Sharp et al, (2011) likewise found that understudies spent a regular of one hour of the day on the site to participate in a ton of coordinated worked with attempts. To some degree level of the understudy test (4.9% of 390 understudies addressed) uncovered that Facebook gave them data, and the experts proposed that Facebook has a restricted effect in supporting understudy school change/responsibility. Since its show in 2004, Facebook has right away unique into the most undeniable individual to individual site on the planet, with reports of in excess of 850 million in number clients from one side of the world to the next. Regardless of being known generally for relaxed correspondence improvement, Facebook is being viewed as a fair e-learning stage.
The utilization of Facebook as a learning climate in enormous level arranging isn't without possible dangers and basics. Requests concerning content having a spot, insistence, following and progressed upsetting, and virtual steadfastness are as a rule that are influencing understudies' school change. Besides, worries about Facebook as a sort of obstruction and the impact it has on school execution have been raised. Clashing insistence exists on the effect of Facebook on committed base on time for express columnists suggesting that Facebook clients offer less energy thinking about and accomplish lower school results wandered from Facebook non-clients, yet different journalists have not tracked down this union.
Twitter usage and university students' school adjustment
The result of the second hypothesis indicated that, twitter usage significantly relates to university students' school adjustment. The finding of this study agrees with that of Heiberger and Loken, (2010)

who stated that classroom discussion conducted over Twitter often moved into extracurricular interests which provoked the connection of students to each other. The authors suggest that there are opportunities for connection and subsequent communication through Twitter. While the lines between mobile and desktop are continually blurred with the rise of internet-connected smartphones, twitter is much more lightweight and activity driven, with users posting their activities on the run through text message or mobile browser. While many of these activities have been ported to various mobile phone platforms, they are often limited with regards to the depth that can be experienced on a full-fledged laptop or desktop computer.

Solmaz, (2017) also found Twitter to be a valuable learning and teaching space. Additionally, regarding the language learning and teaching practices, it was shown that Twitter, with its microblogging feature, holds various uses at different language levels and settings with varying tasks in addition to offering interaction and communication with native users of the target language, as well as creating an awareness on noticing, exchange of the meaning and school adjustment. Thus, Twitter accommodates a number of unique language learning opportunities for learners of language by offering interaction possibilities for practicing the language with native users.

CONCLUSION
Based on the results of the study it was concluded that Facebook usage is a significant predictor of university students' school adjustment likewise Twitter usage is a significant predictor of university students' school adjustment ie. Facebook and Twitter usage is important for academic discuss when used positively to benefit both students and their tutors as it bridges the distance that exist between the tutor and the students.

RECOMMENDATIONS
The following recommendations were made in line with the objectives of the study:
1. University undergraduates should use Facebook potentials for school adjustment and for study purposes
2. University students in Bayelsa State should not abuse the use of social media, rather they should use it for their own advantage by engaging in students-oriented discussions when in social media.
3. Since Facebook and Twitter is important for academic discuss, the school management should make internet facilities free and available for students use.

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