

## ABSTRACT

**OLIDO, MARY KRYSTINE PEÑA, Social Networking Behavior, Sleep Quality, School Burnout Level, and Well-Being of Students in Dasmariñas National High School.** Master's thesis. Master of Arts in Education major in Guidance and Counseling. Cavite State University, Indang, Cavite. April, 2016. Adviser: Dr. Liza C. Costa.

Today's generation, the digital natives, are born into a digital world, making them proficient and dependent on technology. For them, interacting online is as important as interacting in the real world (Grail Research, 2011). This study determined the influence of social networking behavior on sleep quality, school burnout level, and well-being among the students of Dasmariñas National High School during the S.Y. 2015-2016. It employed descriptive-correlational survey design and used stratified random sampling in selecting 445 participants in the study. Research instrument employed was anchored on concepts and standardized tests, and was subjected to reliability and validity testing before administration.

The findings revealed that the participants' most frequently used social networking sites (SNS) per type were Facebook (social connections), Youtube (multimedia sharing), SlideShare (professional), Google Search (informational), The Student Room (educational), and Academia.edu (academic). One in every three participants used SNS for one to two hours daily mainly for the purpose of relationship. Participants have "good" sleep quality, with "low" level of school burnout and "high" level of well-being. Frequent users of Facebook and Google Search have better sleep quality than participants who do not use these. The higher the participants' preference in using Facebook, the lower is their school burnout level. Frequent users of Instagram, SlideShare, and Google Search have significantly higher level of well-being, the same was observed with those who do not frequently use MySpace and WeChat. Participants who used SNS for longer hours daily have significantly higher levels of well-being than participants

who used it for fewer hours a day. The integration of SNS in education and instruction, guidance and counseling services, and parenting style was highly recommended.