

Psychosocial Effects of Short Text Messaging: A Case Study of Daystar University Students,
Nairobi County

by

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PSYCHOSOCIAL EFFECTS OF SHORT TEXT MESSAGING: A CASE STUDY OF
DAYSTAR UNIVERSITY STUDENTS, NAIROBI COUNTY

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In accordance with Daystar University policies this thesis is accepted in partial
fulfillment of the requirements for the Master of Arts degree.

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DECLARATION

PSYCHOSOCIAL EFFECTS OF SHORT TEXT MESSAGING: A CASE STUDY OF
DAYSTAR UNIVERSITY STUDENTS, NAIROBI COUNTY

I declare that this thesis is my original work and has not been submitted to any other college or university for academic credit.

Signed _____ Date _____
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LIST OF ABBREVIATIONS AND ACRONYMS

ACMA Australian Communications and Media Authority

CCK Communications Commission of Kenya

GSMA Groupe Speciale Mobile Association

IM Instant messaging

ITU International Telecommunication Union

NACOSTI National Commission for Science, Technology and Innovation

SMS Short Message System

SPSS Statistical Package for Social Sciences

TMI Text Messaging Injury

UK United Kingdom

USA United States of America

ABSTRACT

The purpose of this study was to determine the effect that text messaging has among the youth. The use of the mobile phone today has become an integral aspect worldwide as it is considered as a common means of communication regardless of the time and place. Among the youth, text messaging is a common way of communication as it is cheaper and ensures more privacy. The main objective of this thesis was to find out the effects that text messaging had among the youth psychologically, socially and in their language and communication. In this study the cross-sectional and descriptive research designs were adopted and the targeted population of the study was the students of Daystar University. The convenient sampling technique was used to select 94 respondents. This study made use of questionnaires for primary data collection. Quantitative data was analyzed using the Statistical Package for Social Sciences (SPSS). The results from this study indicated that text messaging was prevalent among the youth and it affected their communication especially in proper grammar, language and performance in school. Socially, it affected their relationships especially due to the fact that the intimacy vital in a relationship is diminished. Moreover, the study also revealed that there were some psychological effects and these included feelings of anxiety, loneliness and fear of rejection and abandonment. It is therefore crucial for institutions and the students to understand these effects because text messaging has emerged as a culture on its own among the youth and it is essential for them to understand these effects and utilize text messaging in a manner that would enhance their well-being both psychologically, socially and in the way that they communicate.

DEDICATION

This research is dedicated to my family members; my father and mother Mr. and Mrs. Ndeti, and my friends for their endless support and encouragement during this research period. This research is also dedicated to the youth in creating awareness of the issues that arise as a result of constant texting.

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