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Internet Use Habits: Testing Putnam's Model of Time Displacement & Social Capital Among Pakistani Youth

Abstract

This research study tests the Robert Putnam's Time Displacement Hypothesis regarding the social capital, in which he relates the too much use of media with the decrease of social capital of users especially the children and youth in terms of their interpersonal communication with family, friends and colleagues, physical activities, games, exercise and social events etc. The survey of 500 young people studying in the various colleges and universities of the twin cities of Rawalpindi/Islamabad explored the internet using pattern of youth and how the internet use affects their social capital. This study shows that Pakistani youth uses the internet mostly for Information, Education, Music/Film/Video and E-Mail purposes. However, the youth was not significantly using the internet for Online Games, Chatting, Social Networking Sites and Online Newspapers. Furthermore, the study did not support the Time Displacement Hypothesis of Robert Putnam (1995). The regression model did not show any positive relationship between the use of internet and its effect on life patterns and erosion of social capital of youth.

***Key Words**: Social capital, Internet, Youth, Time Displacement*

INTRODUCTION

With the increase of the desire of knowing other places, cultures and people, the new communication technologies became the most important tool to gratify the needs of the people. Among such technologies is the most important technology of the age and that is Internet. Internet is the gateway to connect with the rest of the world as and when desired. It is used for many purposes like, education, entertainment,

Shahid Hussain
Lecturer Mass Com, AIOU
051-9057245, 03335226032

earnings, information and online traditional media etc. The fact that nowadays, the new generation spends most of their time using internet postulates the bad physical and social affects. This study examines the internet usage pattern of youth and its effects on their physical activities, interpersonal communication, and relationship with family, society and loneliness. Putnam (1995) referred these affects as the displacement effects of new media and this particular study also visits the Robert Putnam Time Displacement Hypothesis.

Internet has brought a change in communications like never before and has made the world a global village as was foreseen by Marshal McLuhan many decades ago. According to Davison (1959), the development of new media has been made possible by convergence of traditional system with advanced computer technology i.e. Internet. Initially, the world welcomed the Internet into their homes, believing that it would provide with access to beneficial information. However, it was soon realized that, instead of using Internet for education, the children and young people were wasting many

Putnam (1995b) summarised his research findings that watching television is negatively related to the social capital. Similarly, Robinson (1981) says that more time spent with TV means less time spent with listening to radio and other activities. Now, with variety of uses of Internet like e-mail, surfing the web, social networking sites, chatting, entertainment, online television, reading online newspapers and listening radio online, the Internet has revolutionized our lives. So, it is a high time that it should be investigated as to what affect internet is casting on our lives and what activities will be replaced by the increasing time now being spent on Internet.

Salient Features of Internet

Some of the features, for which the internet is being used worldwide are as under:

- Sending and receiving e-mails
- Entertainment, Online traditional media (TV, Newspaper and Radio).
- Financial and business dealing, along with online banking, Credit card dealing, Online shopping and money exchange
- Download software, music and news etc.

- Access to information, like Encyclopaedia, Maps of the world, and weather
- Results and other details of colleges/universities/schools
- Chatting (voice, write and camera)
- Education
- Discussion forums

There have been some concerns about the negative impact of Internet on its users, especially concerning the displacement effect in areas like interaction with family and friends, physical activities and psychological well-being, such as loneliness. Many people think that the Internet has a positive impact on its users, however, many others are concerned about its negative influence (Turrow, 1999).Therefore, it is important to know that how the use of Internet will be influencing its users especially youth in terms of physical, social and psychological development.

The number of young people who are using Internet is growing very fast every year. The Pew Internet & American Life Project reported that 45 percent of all American children who were under 18 years of age were online (Pew Research Center, 2000a). This statistics show that almost all the schools in America now have Internet access regardless of the level, region, or financial condition and the situation in Pakistan is not too much varying. Kollock (1999)and Mathwick (2002) found that online participation implies engaging in activities that require time and effort. Although, we all realize the importance of studying the affect of Internet on our youth's lives, but it is also fact that very little research has been found in literature about internet's displacement affect on social capital of youth in Pakistan. Furthermore, the relationship of internet with feeling of loneliness amongst the youth is also questionable. This particular study investigates such research questions.

Social Capital

'Social Capital' means the trust among people in social life networks, which helps them to move together for mutual benefits. So, it refers to social connections. Making interpersonal communication or having a cup of tea with someone refers to social capital. The more we communicate and meet with people results more trust and ultimately more social capital (Newton, 1997; Putnam, 1993a, 1993b). Similarly, social relationships facilitate coordination and communication and thus

help in collective action (Putnam, 1995a). Social Capital comprises two factors i.e. social trust and civic engagement (Putnam, 1995b, p. 665).

Rationale & Significance of study:

This research is important in understanding the latest internet use patterns and their effects on youth in regards to losing social capitals so far, there hasn't been substantial research conducted on displacement affects of Internet on youth in Pakistan, therefore this research will be a milestone for future researchers. Furthermore, since the internet based modern media especially the social media are seeping in the life of almost every internet user, it hence becomes necessary to keep a check on the usage patterns of these new media by users, through detailed study which must be conducted almost every year in order to maintain a timely record of media users activities and different trends and preferences in use of media especially by youth. This study will be beneficial to recommend the media policy makers to come up with changes in policies to avoid our youth from bad effects of media and to preserve our own culture. Furthermore, with the help of this study, policy makers would be able to come up with solutions which can help stop the cultural deterioration at a mass level.

Objectives of study:

This study has the following objectives:

- To elaborate the various types and purposes of Internet use by youth.
- To explore the affects of internet on youth especially relating to interpersonal communication and relationship with the social capital.
- To bring to light the affect of internet on the educational achievements of youth.
- To investigate the relationship between youth's Internet use and their involvement in physical activities and social relations.

Research Questions:

Following Research Questions were formulated to study the problem in depth.

- the effect of What is the internet usage pattern of Pakistani youth?
- What is internet on social capital of Pakistani youth?

- Does Internet use displace the face to face communication of youth with their family members and friends?
- Is there any relationship between use of Internet by youth and loneliness?

LITERATURE REVIEW

An impressive body of literature tells that adapting a new technology revolves around the personal choice and need of an individual. People who want to know more usually look for better and advance communication technologies. Internet is now very important element of majority people of the world. With more ease and availability of this technology everywhere, usage of internet by children has also increased manifold (Steyer & Clinton, 2003).

A study of American teenagers revealed that majority of users were using internet for research and homework. The study also found that male respondents were using internet more for games and music while females were mostly using it for information about educational institutions. Furthermore, the respondents also considered this technology as most favorite when they instantly require information and news (La Ferle, Edwards and Lee, 2000).Another study by Yeora Kim (2003) in the University of Georgia investigated the children's Internet use and its effects on their daily lives. The survey of 297 children examined the relationship of Internet use with social interaction, physical activities, and also loneliness. However, the study did not found internet's displacement effect on children's daily activities. But, it was found that children who spend more time with Internet were spending more time on physical activities, and were having more social relationships.

Internet could also decrease social capital in the way that it prevents its users from having interpersonal communication by taking too much time and giving less time for other activities. Putnam (1995a) says that "television was only driving force in decline of social capital in America because watching TV reduced time for participation in outside activities". Putnam (1995b) further elaborated that people who grew up without TV got engaged in more civic events than the people grown with TV and thus TV was negatively associated with social capital. Now, as the usage of Internet is increasing day by day, the same problem of losing social capital or displacing physical activities is being related to internet.

Internet Use and Social Capital

Nie (2001) research indicates that the user of Internet were having less interpersonal communication. While, other researchers found that online communications is positively related with social trust and social participation (Best & Dautrich, 2003). Resnick (2002)relates time spent with Internet with diminishing of social capital. Izenberg & Lieberman (1998) also related the time spent by children with internet to the displacement of important activities and physical development. Similarly, Coffey and Stipp (1997) also blamed that with increase of time spent with internet will diminish other activities because of the less free time.

Displacement of Social Involvements and Relationships

Many studies say that new communication technologies take people away from face to face communication and result in isolation (Carlson, Chan, Chan, Kurato, Soong, & Yang, 1999). Nie and Erbring (2000) found that as people spend more time on Internet, they lose contact with social environment. On the other hand, Hampton & Wellman (1999) say that new communication gadgets maintain relationships with people through a virtual community on Internet. Similarly, a study conducted by UCLA (2001)indicate that 80% people using internet found e-mail as helpful to connect with people. Furthermore, Wellman (2001) study support the idea that Internet enhance relationships with friends, family and society. According to Rook (1984) loneliness is always an aversive experience that arises when a person feels rejected by others and/or lacks appropriate social partners for activities that provide a sense of social integration. This study also hypothesizes that heavy usage of internet will have higher levels of loneliness among its users.

Time displacement theory:

Time displacement theory first presented by Robert Putnam (1995a, 1995b) presents the idea that new activities like Internet and television may replace older activities. So, media are held responsible for decline of interpersonal communication, social relationship and personal care. For example, Internet users may spend too much time online leaving less time for reading, writing, exercise, face interaction, etc. Internet is not the first technology held responsible of time displacement. Earlier, TV had shifted time of people from listening to radio, visiting cinema houses, and talking with family etc.

In accordance with the present study, Time Displacement theory applies when internet users start ignoring their old activities like interpersonal communication and thus losing social capital. Social capital is foundation for trust in a society (Putnam, 1993). It contains the concept of social trust, civic engagement, and social relationship. In his book 'Bowling alone,' Putnam argued that television was the prime suspect in declining American social ties as he worried about the decreasing number of bowling leagues, and now same concern is being attributed to the internet.

Time displacement postulates that with the introduction of online media i.e. internet and internet based media like social media into a user's schedule of activities, there will be reduction in the time spent on other activities. In other words, when a new media activity is introduced into our lives, corresponding reduction in time invested in other activities is expected (Moy, Scheufele, & Holbert, 1999).

Hypotheses of study:

The Hypotheses of the study after review of literature and theoretical framework have been formulated as under:

Hypothesis 1: Exposure to Internet by the Youth leads to Information, Education and Entertainment.

Hypothesis 2: Exposure to internet by the youth would not greatly affect them towards social capital.

Hypothesis 3: Exposure to internet by the youth would not greatly affect their life pattern.

METHODOLOGY

Research design

In this study, a survey was conducted to obtain quantitative data about internet use habits of youth studying in various colleges and universities of twin cities of Rawalpindi/Islamabad. The close ended questionnaire on Likert Scale was used to get the required information. The population of study was university and college students of twin cities of Rawalpindi/Islamabad from Intermediate to PhD level. Since, study focuses on internet using patterns of youth of Pakistan and 'Youth' can

be defined as a time of life between childhood and adulthood. Definitions of specific range of age that constitutes youth vary from one place to another. Keeping in view the demographics of students studying in colleges and universities of twin cities obtained after successful completion of pilot study, the youth in present study was defined as people from 17 to 30 years of age, which was the population of study.

Sampling:

Keeping in view the financial and time constraints, a sample of 500 young male and female students studying in various colleges and universities of Rawalpindi and Islamabad twin cities was selected for filling the questionnaire. In first stage, out of the list of all public and private colleges and universities functioning in Rawalpindi and Islamabad, 10 institutions were randomly selected. In second stage, classes in progress during the visit of the researcher to institutions were randomly selected to get the questionnaires filled from students with the help of the teachers taking the classes at that time. The survey for present study has been conducted with help of a self-administered questionnaire. The data collection period was from February 2013 to June 2013. Of the 510 questionnaires, 500 questionnaires were successfully completed for a response rate of almost 98%. Ten questionnaires were not properly filled by respondents and, therefore, were abolished. The data collected with the help of survey questionnaire was analyzed in order to investigate the responses of respondents on major variables of study and to answer Research Questions and substantiate the Hypotheses, by using appropriate descriptive and inferential statistics with the help of the Statistical Package for Social Scientists (SPSS).

Characteristics of the sample

As shown in Table 1, majority of the respondents was Male (54.8 percent) while Female respondents were 45.2 percent. When we refer the Table for Marital Status of respondents, it shows that the greater number of respondents were Un-Married (77.6 percent).

Table 1: *Characteristics of the Sample*

Variables	Frequency	Percentage
Gender		
Male	274	54.8
Female	226	45.2
Marital Status		
Married	112	22.4
Un-Married	388	77.6
Educational Level		
Intermediate	122	24.4
Bachelor	211	42.2
Masters	133	26.6
MS/MPhil	23	4.6
PhD	11	2.2
Type of Institution		
Government	227	45.4
Semi-Government	110	22.0
Private	163	32.6
Religion		
Muslim	466	93.2
Non-Muslim	34	6.8
Residential Area		
Urban	384	76.8
Rural	116	23.2
Mean Age in Years = 22.97		
Mean Family Income (Monthly) = 30,000 to 35,000		

As regards the Educational Level, majority of the respondents was students at Bachelor level (42.2 percent). Similarly, majority of the students was studying in Government Institutions (45.4 percent). Moreover, the greater numbers of respondents were Muslims (93.2 percent) and were residing in Urban Areas (76.8 percent). Furthermore, the Mean Age in years of the respondents was 22.97 percent, while mean Monthly Family Income was 30000 to 35000.

Multiple regression analysis of 'exposure to internet'

The Table 2 presents the results of multiple regression, where the presumed predictors, namely, Using Internet for Information, Using Internet for Education, Using Internet for Music/Film/Video, Using Internet for Online Games, Using Internet for E-mails, Using Internet for Chatting, Using Internet for Social Networking Sites (SNS) and Using Internet for Online Newspapers were regressed against the criterion variable i.e. 'Exposure to Internet'.

Table 2: *Multiple Regression of Exposure to Internet on Using Internet for Various Purposes*

Multiple R: .610

R Square: .372

Standard Error: .714

***F* Value: 36.416 *p*=.000**

	Df	**Sum of Squares**	**Mean Squares**		
Regression	8	148.415	18.552		
Residual	491	250.135	.509		
Variables	**B**	**SE B**	**Beta**	**T**	**Sig.**
Using Internet for Information	.283	.059	.254	4.824	.000
Using Internet for Education	.154	.058	.140	2.651	.008
Using Internet for Music/Film/Video	.181	.037	.210	4.849	.000
Using Internet for Online Games	.012	.033	.015	.367	.714
Using Internet for E-Mails	.089	.041	.105	2.167	.031
Using Internet for Chatting	.041	.038	.052	1.069	.286
Using Internet for SNS	.051	.036	.063	1.428	.154
Using Internet for online newspapers	-.001	.034	-.002	-.044	.965

Note:Dependent Variable: Exposure to Internet

Unstandardized Coefficients Equation: Exposure to Internet = .990 + (.283 x Using Internet for Information) + (.154 x Using Internet for Education) + (.181 x Using Internet for Music/Film/Video) + (.012 x Using Internet for Online Games) + (.089 x Using Internet for E-Mails) + (.041 x Using Internet for Chatting) + (.051 x Using Internet for SNS) + (-.001 x Using Internet for Online N-Papers)

The computed values of F (36.416) and Sig. (.000) of the ANOVA as shown in Multiple Regression results of Table 2 indicate that the regression model is fit and

overall statistically significant. Moreover, 61% of the variability (R^2=.372) in 'Exposure to Internet' was overall explained by the predictors.

As evident from Table 2, there was a significant positive relationship between the criterion variable 'Exposure to Internet' and the predictors; i.e. 'Using Internet for Information' (b=.254 and p=.000); 'Using Internet for Education' (b=.140 and p=.008), 'Using Internet for Music/Film/Video' (b=.210 and p=.000) and 'Using Internet for E-Mails' (b=.105 and p=.031). However, the relationship between the criterion variable 'Exposure to Internet' and the predictors 'Using Internet for Online Games' (b=.015 and p=.714), 'Using Internet for Chatting' (b=.052 and p=.286), 'Using Internet for SNS' (b=.063 and p=.154) and 'Using Internet for Online Newspapers' (b= -.002 and p=.965) was not found significant. A comparison of Beta scores indicated that the relationship between 'Exposure to Internet' (criterion variable) and 'Using Internet for Information' (predictor variable) (beta=.254) was stronger than other predictor variables. The result infers that the College and University students were using Internet more for Information, Education, Music/Film/Video and E-Mails purposes.

Thus **Hypothesis 1 (Exposure to Internet by Youth leads to Information, Education and Entertainment)** was supported. However, the youth was not using the internet for Online Newspapers.

Research Question 1: What is the internet using pattern of Pakistani youth?

As evident from Table 2, the youth was mostly using Internet for Information, Education, Music/Film/Video and E-Mails. However, they were not using too much Internet for Online Games, Chatting, Social Networking Sites and Online Newspapers.

Exposure to internet and its effects on social capital

The Table 3 presents the results of multiple regression, where the presumed predictors, namely, 'Talk face to face with Parents daily', 'Talk face to face with Brothers & Sisters daily', 'Use of Modern Media has affected Interaction with Family Members', 'Use of Modern Media has decreased Physical Interaction with Friends', 'Use of Modern Media has decreased Physical Interaction with Neighbours' and 'Use of Modern Media has decreased Physical Interaction with Relatives' were regressed against the criterion variable i.e. 'Exposure to Internet'.

Table 3: *Multiple Regression of Exposure to Internet and its effects on Social Capital of Youth*

Multiple R: .190 **R Square: .036** **Standard Error: .883** ***F* Value: 3.080 *p*=.006**	**df**	**Sum of Squares**	**Mean Squares**		
Regression	6	18.400	2.400		
Residual	493	384.150	.779		
Variables	**B**	**SE B**	**Beta**	**T**	**Sig.**
Talk face to face with Parents daily	-.030	.049	-.031	-.599	.549
Talk face to face with Brothers and Sisters daily	.035	.047	.039	.749	.454
Use of Modern Media has affected Interaction with Family Members	-.059	.046	-.064	-1.279	.201
Use of Modern Media has decreased Physical Interaction with Friends	.062	.052	.069	1.202	.230
Use of Modern Media has decreased Physical Interaction with Neighbors	.092	.053	.104	1.751	.081
Use of Modern Media has decreased Physical Interaction with Relatives	.062	.056	.067	1.099	.272

Note: Dependent Variable: Exposure to Internet

Unstandardized Coefficients Equation: Exposure to Internet = 3.810 + (.-.030 x Talk face to face with Parents daily) + (.035 x Talk face to face with Brothers and Sisters daily) + (-.059 x Use of Modern Media has effected Interaction with Family Members) + (.062 x Use of Modern Media has decreased Physical Interaction with Friends) + (.092 x Use of Modern Media has decreased Physical Interaction with Neighbors) + (.062 x Use of Modern Media has decreased Physical Interaction with Relatives)

The computed values of F (3.080) and Sig. (.006) of the ANOVA as shown in Multiple Regression results of Table 3 indicate that the regression model is fit and overall statistically significant. Moreover, 19% of the variability (R^2=.036) in 'Exposure to Internet' was overall explained by the predictors.

As evident from Table 3, there was not found any significant positive relationship between the criterion variable 'Exposure to Internet' and the predictors; i.e. 'Talk

face to face with Parents daily' (b=-.031 and p=.549); 'Talk face to face with Brothers & Sisters daily' (b=.039 and p=.454), 'Use of Modern Media has affected Interaction with Family Members' (b=-.064 and p=.201), 'Use of Modern Media has decreased Physical Interaction with Friends' (b=.069 and p=.230), 'Use of Modern Media has decreased Physical Interaction with Neighbours' (b=.104 and p=.081) and 'Use of Modern Media has decreased Physical Interaction with Relatives' (b=.067 and p=.272).The result infers that the use of the modern media especially the Internet based media does not have any significant effect on the Social Capital of the College and University students in Pakistan, thus supporting the second Hypothesis of the study, i.e, the use of Internet and Internet based media is not affecting the Social Capital of the Youth in Pakistan. As evident from Table 3, there was not found any significant affect of exposure to internet on the social capital of Pakistani Youth, along with it from above mentioned table it can also be concluded, that there was not found any displacement effect of exposure to internet on face-to-face interaction of Pakistani Youth with their family members and friends.

Exposure to Internet and its effects on youth's life pattern

The Table 4 presents the results of multiple regression, where the presumed predictors, namely, 'Use of Modern Media has badly affected Educational Achievements', 'Use of Modern Media has badly affected Physical & Mental Health', 'Use of Modern Media has resulted Eating Disorders', 'Use of Modern Media has badly affected habit of Exercise/Games' and 'Use of Modern Media has created feeling of Loneliness' were regressed against the criterion variable i.e. 'Exposure to Internet'.

The computed values of F (5.370) and Sig. (.000) of the ANOVA as shown in Multiple Regression results of Table 4 indicate that the regression model is fit and overall statistically significant. Moreover, 23% of the variability (R^2=.052) in 'Exposure to Internet' was overall explained by the predictors. Table 4, has also indicated that there was a positive significant relationship between the criterion variable "Exposure to Internet" and the predictor 'Use of Modern Media has badly affected habit of Exercise/Games' (b=.171 and p=.003). However, the relationship between the criterion variable 'Exposure to Internet' and the predictors; i.e. 'Use of Modern Media has badly affected Educational Achievements' (b=-.093 and p=.083); 'Use of Modern Media has badly affected Physical & Mental Health', (b=.006 and p=.915), 'Use of Modern Media has resulted Eating Disorders' (b=.080 and p=.151),

and 'Use of Modern Media has created feeling of Loneliness' (b=.044 and p=.421) was not found significant.

Table 4: *Multiple Regression of Exposure to Internet an its effects on Youth's Life Pattern*

Multiple R: .227 **R Square: .052** **Standard Error: .875** ***F* Value: 5.370 *p*=.000**	**df**	**Sum of Squares**	**Mean Squares**		
Regression	5	20.547	4.109		
Residual	494	378.003	.765		
Variables	**B**	**SE B**	**Beta**	**T**	**Sig.**
Use of Modern Media has badly affected Educational Achievements	-.083	.048	-.093	-1.737	.083
Use of Modern Media has badly affected Physical & Mental Health	.005	.047	.006	.107	.915
Use of Modern Media has resulted Eating Disorders	.072	.050	.080	1.437	.151
Use of Modern Media has badly affected habit of Exercise/Games	.141	.047	.171	3.036	.003
Use of Modern Media has created feeling of Loneliness	.036	.045	.044	.805	.421

Note: Dependent Variable: Exposure to Internet

Unstandardized Coefficients Equation: Exposure to Internet = 3.803 + (-.083 x Use of Modern Media has badly affected Educational Achievements) + (.005 x Use of Modern Media has badly affected Physical & Mental Health) + (.072 x Use of Modern Media has resulted Eating Disorders) + (.141 x Use of Modern Media has badly affected habit of Exercise/Games) + (.036 x Use of Modern Media has created feeling of Loneliness)

A comparison of Beta scores indicated that relationship between 'Exposure to Internet' (criterion variable) and 'Use of Modern Media has badly affected habit of Exercise/Games' (predictor variable) (beta = .171) was stronger than other predictor variables. The result infers that the college and university students think that the use

of the modern media especially the Internet based media affected their habit of exercise/games, however, it did not have any significant effect on other life patterns and daily routines of youth. Thus Hypothesis 3 was supported except for Exercise/Games, which shows that the use of Internet did not affect the life patterns and daily routines of youth in Pakistan. Nevertheless, the internet use had greatly affected the habit of exercise/games of youth in Pakistan. As evident from Table 4, the multiple regression analysis did not predict the feeling of loneliness among the Pakistani youth due to the exposure of internet.

DISCUSSION

The purpose of this study was to examine youth's Internet use and how Internet usage influences their social capital and daily lives like physical activities, social involvement, social relations, and loneliness. So, the study sought to determine if there was a possible displacement effect for daily activities and an impact on youth's physical and social dimensions.

As evident from Table 2, there was a significant positive relationship between the 'Exposure to Internet' and 'Using Internet for Information' (b=.254 and p=.000); 'Using Internet for Education' (b=.140 and p=.008), 'Using Internet for Music/Film/Video' (b=.210 and p=.000) and 'Using Internet for E-Mails' (b=.105 and p=.031). However, the relationship between 'Exposure to Internet' and 'Using Internet for Online Games' (b=.015 and p=.714), 'Using Internet for Chatting' (b=.052 and p=.286), 'Using Internet for SNS' (b=.063 and p=.154) and 'Using Internet for Online Newspapers' (b= -.002 and p=.965) was not found significant. The results infer that the College and University students were using Internet more for Information, Education, Music/Film/Video and E-Mails purposes. However, the trend of reading Online Newspapers was not found among the Pakistani youth.

Furthermore, Table 3, does not show any significant positive relationship between the 'Exposure to Internet' and the predictors; i.e. 'Talk face to face with Parents daily' (b=-.031 and p=.549); 'Talk face to face with Brothers & Sisters daily' (b=.039 and p=.454), 'Use of Modern Media has affected Interaction with Family Members' (b=-.064 and p=.201), 'Use of Modern Media has decreased Physical Interaction with Friends' (b=.069 and p=.230), 'Use of Modern Media has decreased Physical Interaction with Neighbours' (b=.104 and p=.081) and 'Use of Modern Media has decreased Physical Interaction with Relatives' (b=.067 and p=.272). So,

the results infer that the use of the modern media especially the Internet based media does not have any significant effect on Social Capital of youth in Pakistan.

Similarly, Table 4 elaborates the positive significant relationship between the 'Exposure to Internet' and the predictor 'Use of Modern Media has badly affected habit of Exercise/Games' (b=.171 and p=.003). However, the relationship between 'Exposure to Internet' and the predictors; i.e. 'Use of Modern Media has badly affected Educational Achievements' (b=-.093 and p=.083); 'Use of Modern Media has badly affected Physical & Mental Health', (b=.006 and p=.915), 'Use of Modern Media has resulted Eating Disorders' (b=.080 and p=.151), and 'Use of Modern Media has created feeling of Loneliness' (b=.044 and p=.421) was not found significant. The results infer that college and university students think that the use of modern media especially the Internet based media has affected their habit of exercise/games, however, it did not have any significant effect on other life patterns and daily routines of youth.

So, this study did not support the Putnam's (1995a; 1995b) Time Displacement Hypothesis regarding the use of media and erosion of social capital. Overall, the findings of this research study suggest that time spent using internet does not erode the daily life activities and interpersonal communication of youth with family, friends and society. So, the net-generation surrounded by various media especially the internet based modern media are not necessarily giving up other activities that are also important for their intellectual, physical, social and psychological development and wellbeing.

A contribution of this study is to bring to light the displacement effects of Internet on Pakistani youth. For future studies, this study strongly suggests that types of Internet use should be examined to test the displacement effect of new media. Online activities, particularly online game playing, chat rooms are important in investigating the displacement of social relations. In fact, chat rooms are mainly for communication and relationships with people. People talk to each other and are making friends. Sometimes online relationships lead to offline relationships. Some people have more serious relationships online, where they can get understanding and support. Thus, examining the impact of the specific types of Internet use on users' daily activities will provide better understanding about impact of Internet. Furthermore, addiction of internet must be studied to explore its displacement effect and affect on youth's health.

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