

Facebook Addiction as related to Adolescence's Psychological Wellbeing

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ABSTRACT

Online social-networking sites have achieved immense popularity among youth. Therefore the proposed research requires focus of psychologists and it has been observed that few researches in exiting literature are available on its relationship with psychological wellbeing. Social networking sites as face book, twitter, Whatsapp have got a noticeable fame over the world. Nowadays these sites play significant role in users' life. Face book has become most essential social site that connects people who are far away but the recent research studies showed that face book not only generates various positive psychological issues but more over it devastate the well-being of people too. Psychological well-being is usually referred as the combination of positive affective states such as happiness and functioning with optimal effectiveness in individual and social life (Deci & Ryan 2000). The aim of the present study is to measure the relationship of face book addiction with psychological well-being among adolescence girls. For the present study the representative sample was taken randomly from Aligarh Muslim University. Bergen Facebook Addiction Scale (2011) of Andraessen and psychological well-being scale of Ryff's (1995) were applied on the students. Pearson product moment correlation of coefficient was used to analysis the data. The obtained result revealed positive relationship between face book addiction and psychological wellbeing. It means involvement in Facebook helps to improve psychological wellbeing.

Keywords: *Face book, Psychological Wellbeing and Adolescent Girls.*

Adolescence is the period of individual's development ranges from 11 to 17 years in which many psychological, physiological, and social changes takes place within the individual. In this stage individual is more vulnerable to the happenings around him. Being a human individual has a tendency to be connected with the people and society. In modern period connection and communication become easier with the help of usage of internet. Individual can approach to his family, friend and society by using the application of internet including Facebook, Whatsapp, Skype; Twitter etc.

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Facebook is basically an online social network site in which users can share their thoughts, ideas, pictures and other content with friends and family members, and to connect with either former or new friends, making the platform very popular with university students (Alexander, 2006; Ellison, Steinfield, & Lampe, 2007; Boyd & Ellison, 2008; Luckin et al., 2009). This site provides a lot of links to approach the people, and get them involved in making friends, social and political happenings around them. Today, more than 68.5% of young adults and teenagers use Facebook on a regular basis (Kuss & Griffiths, 2011). Facebook is estimated to have more than 500 million members (Facebook, 2013), with the average user spending more than 20 minutes a day on the site (Needham & Company, 2007), and ranks as the most used site among university students (Lenhart, Purcell, Smith, & Zickuhr, 2010).

However, despite the popularity of Facebook due to better services, speed, interactivity, and free Internet access a large number of adolescents also experience some negative effects of excessive Facebook usage or are already captured in the 'web' of addiction. Therefore in its most common form, scholars have named this phenomenon as Facebook addiction. It is similar to the habitual patterns of behavior showing repeated activities such as gambling, shopping and Internet addiction. According to Stutzman (2005), users use Facebook to learn about each other and to develop social networks with their friends at university which is very important for their socialization and this process can mark a turning point in an addictive behavior and makes user to wasting time more and more on Facebook. Spending more and more time on Facebook unintentionally raise the chance of addiction in terms of Facebook use.

Addictive Behavior can be referred to as impulse control disorders also known as remediable forms of addictions. It is also sometimes used for not substance-related addiction, soft or process addiction such as overeating, technology addiction, exercise, spiritual obsession, sexual addiction, compulsive shopping, and problem gambling, these are completely different from chemical addiction (Albrecht, Kirschner, & Grüsser, 2007; Potenza, 2006). In these kinds of addiction, a compulsion occurs many times by users to engage in some particular activity until it results harmful consequences to their physical and mental health, or social life or wellbeing (Parashar & Varma, 2007; Stein, Hollander, & Rothbaum, 2009).

In recent years, Facebook users spend most of their time in the synchronous communication environment, engaging in interactive activities and among them some heavy users might be addicted. At this point, along with all the benefits Facebook brings, which may have unintended negative effects. Sometimes users cannot stop themselves from using Facebook to excess, allowing it to take up more and more of their time and thoughts, without any positive outcome-like many addictions (Crandell et al., 2008; Lugtu, 2011). Meanwhile, Facebook addiction has similar signs to substance addictions. Users starts ignoring their personal life, an interest of using Facebook all the time, an experience for social escape; a number of defense mechanisms to hide addiction signs, a perceived loss of control, and a decline in pleasure over time (Kuss & Griffiths, 2011).

Well-being is a something better in life. Especially if we say in terms of life it inclines to health and wellness; unifying body, mind, and soul; individually full of purposeful attitude and aim to live life more fully; and a functional life in all social, personal, and environmental spheres (Myers et al., 2000). Generally, psychological well-being can be referred as individual's construction of concepts to develop him in order to be able to feel happiness. Psychological well-being is a multifaceted concept consists of subjective, social and psychological aspects and health related behavior as well. It refers to how people evaluate their lives.

LITERATURE REVIEW

Human behavior is influenced by many factors around him. Nowadays social site has become the part of their life which has positive as well as negative impact on his personality as well as his psychological wellbeing. Social sites have enough links for entertainment, shopping, and social sharing application which enable accessing knowledge easier and faster (Young & Rogers, 1998) together with physical and psychological harms like tiredness (Akin & Iskender, 2011; Griffiths, 1998), hostility, depression (Yen, Ko, Yen et al., 2007), loneliness (Morahan-Martin and Schumacher, 2003). Internet addiction has been found positively related to decrease in social interactions (Smahel et al., 2012), and lower self-esteem (Akin and Iskender, 2011; Kraut et al., 1998). Although subjective well-being and psychological wellbeing has been shown to be in negative relation with depressive symptoms, anxiety, and negative affectivity (Ryan, and Frederick, 1997), and in negative relation with body functioning self-esteem, satisfaction with life, positive affectivity, and subjective vitality (Ryff and Singer, 1996; Ryan and Frederick, 1997). But when individual spends enough time on Facebook in chatting without any specific reason, it creates problem in individual's daily activities and have negative effect on psychological well-being and this tendency is called Facebook addiction which devastate individual's psychological and social life and has negative impact on his psychological well-being. Facebook addiction is associated with greater levels of loneliness, poorer social adaptation, and emotional skills (Engelberg & joberg, 2004) and those with the most severe social interaction anxiety spent the most time online (Erwin et al., 2004).

Rationale of the study

In the fast changing world, in all spheres- social, industrial administration, science and technology and academics, the fast connectivity has brought out as increase the efficiency to live with connectivity with one another on the globe with the use of internet. The Facebook is now is very much popular especially among youths and has become important part of their life. Undoubtedly the Facebook made our life easier and faster to be connected with people as desired but sticking with the facebook and depending on it and having always temptation of being connected with others has made youths addicted. If anyone becomes addicted of anything means become dependent and without connecting with others can develop some sort of individual problem which might be of psychological in nature. Those who become addicted to facebook and internet are called FOMO (Fear of Missing Out). Researchers have shown that those who become addicted of facebook and internet the difference and kind of

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changes can be seen in their behavior and thinking. From this perspective the study was designed to find out whether facebook addiction influences the wellbeing of adolescence.

Objectives of the study

- To examine correlation between Facebook addiction and psychological well-being among adolescence girl students.

Hypothesis

- There will be the significant correlation between facebook addiction and psychological well-being among adolescent girl students.

METHODOLOGY

Sample and sampling design- For conducting the present research study and assessing the relation between Facebook addiction and psychological wellbeing, a sample of 50 adolescence girl students has been selected by using random sampling technique from A.M.U. Aligarh.

Research tools

Bargen Facebook addiction scale (BFAS)–for assessing facebook addiction, Bargen Facebook addiction scale developed by Andraessen et.al. (2011) was used. This is a five point likert type scale that contains 6 items. Coefficient alpha of BFAS is .83 and test-retest reliability coefficient is 0.82.

Psychological well-being scale- for assessing the psychological well-being of students psychological well-being scale developed by Ryff (2014) has been used. The scale made up of forty two self-report items with each item reflecting both negative and positive emotional symptom. It has a Cronbach alpha of ($\alpha=.87$).

Procedure

For conducting the present study, girl students were approached through the head authority of the institution. Good rapport was established with the participants and they were taken into the confidence and convinced that the data would be used only for research purpose. Further it, they were instructed as per the guidance published in the tools then both the questionnaires were applied on them. The data were gathered from them for extracting the result.

Data analysis

To examine the relationship between Facebook addiction and psychological wellbeing Pearson product moment co-efficient of correlation was applied. Table given below is showing the relationship between Facebook addiction and psychological wellbeing.

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Table 1– Pearson product moment coefficient of correlation between Facebook addiction and psychological wellbeing.

Sample	Variables	N	mean	S.d.	r	sig	Result
Adolescence girls	Facebook addiction	50	13.68	4.48	0.29*	0.04	Significant*
	Psychological well-being		166.66	27.06			

**Correlation is significant at the 0.05 level (2- tailed)*

Above table shows the mean value of Facebook addiction and psychological well-being that are 13.68 and 166.66 respectively. Mean value of Facebook addiction discloses that girls have higher Facebook addiction as well as higher psychological well-being. The correlational value $r (=0.29)$ shows the lower positive relationship between Facebook addiction and psychological well-being. In broad sense we say that the relation is definite but small between Facebook addiction and psychological well-being. This relation is significant at 0.05 level of critical ratio. It means as the involvement of Facebook increases it helps to improve the psychological wellbeing.

Discussion and limitations of the study

As oppose to the previous researches, present study explored positive relation between Facebook addiction and psychological well-being that indicates the bright side of Facebook involvement. Reason behind the result may that all the girls were hostlers and apart from their families that make them disturbed. Hence loneliness, family affection, home sickness and other major & minor problem lead them to use Facebook to reduce negative thoughts. That is why result showed addiction helps in psychological wellbeing. The study comprised only 50 students that limits obtained result. Result may be changed if the sample would be enlarged.

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Conflict of Interest

The authors colorfully declare this paper to bear not conflict of interests

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