

Facebook Addiction among Nursing Students

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Facebook is one of the most popular social networking sites. Although Facebook is used to connect and stay in touch with friends, there may be situations where an individual uses the site way too much. Relatively little research has been carried out to explain facebook addiction in India. Objectives: The objectives of the study was to find out the prevalence of Facebook addiction among the Nursing students and to describe the associated factors, effect of facebook addiction and to establish the relationship between facebook addiction and self-esteem. Samples and Methods: This study was conducted in a nursing college in Kanchipuram using convenient sampling from May 2016 to June 2016. About 108 nursing students had enrolled for the study. Results: The prevalence of addiction was 1.9% and high-risk behavior was 19.6% in the study subjects. 13.6% of the subjects with facebook addiction and high-risk behavior had lower self-esteem. Conclusion: The prevalence of facebook addiction and high-risk behavior was found in 1.9% and 19.6% of the study subjects. Those having A/HRB were found to have more of physical and mental health problems. No significant association was found between facebook addiction and low self esteem.

Keywords: Facebook Addiction, High-Risk Behavior, Medical Community, Self-Esteem.

Social networking sites are virtual communities where users can create individual public profile, interact with real life friends and meet other people based on shared interest. Of more than three billion active internet users worldwide (Boyd DM, et al 2008), two billion people were estimated to use social networking sites (www. statistics.com 2016).

Facebook is one of the most widely used social networking sites with 1.09 billion daily active users as of march 2016 (Facebook statistics 2004). Facebook was founded by Mark Zuckerberg in 2004. It has quickly become both the basic tool and mirror for social interaction, personality identity and network building (Shima M Saied, 2016). With the increased number of facebook users, the problems associated with excessive use and addiction have become more frequent. Facebook addiction is defined as excessive involvement in facebook activities and is a frequent cause of problems in social functioning (Elphinston R, 2011). It is also characterized by some of the features commonly observed in other addiction disorders such as tolerance, withdrawal, relapse etc (Andreassen

CS, 2012). Addiction can be disruptive to many aspects of life; for students it may hinder their studies and impact their long term career goals. Excessive use of and addiction to internet activities including social networking sites and online gaming has been negatively associated with conscientiousness, honesty/humility and agreeableness and positively associated with neuroticism, narcissism and aggression (Andreassen CS, 2012). For nursing students aiming to develop as caring health professionals, the implication of their addiction can have a wide and detrimental consequences in a society as a whole (Ken Masters, 2015). It is important to know the extent of the problem so that the appropriate measures can be taken. According to numerous studies, there is a positive relationship between self esteem and internet addiction. Those users who had a negative view of themselves show a maladaptive use of internet (Bozoglan, B, 2013).

There are little studies done regarding facebook addiction among nursing professionals in India. Given the concerns outlined above, the primary objectives of the study is to determine

the prevalence of facebook addiction among nursing community and the secondary objectives were to describe the associated factors, effect of facebook addiction and to establish the relationship between facebook addiction and self esteem.

Method

This study was done in a nursing college in Kanchipuram during the period from May 2016 to June 2016. All subjects willing to participate were included in the study. Based on the feasibility 108 participants were enrolled in the study. Subjects who did not wish to participate in the study were excluded. The study subjects were given a pretested semi structured and self administered proforma (non disclosure of name). They were requested to read the questions carefully and answer honestly. They were informed that the information would be kept in absolute confidence and written informed consent was taken from them. The questionnaire consists of 2 sections (sections A&B).

Section A: Questions About Facebook Use

- a) Socio demographic data (age/sex/course/parental income/division)
- b) Pattern of internet use (internet access place, device, types of internet activity and money spent)
- c) Patterns of facebook use (years since using, daily usage hours, predominant time, activity on facebook, motives of using facebook, physical and behavioral problems with regard to facebook use)

Section B

1) *Bergen's Facebook Addiction Scale (Andreassen CS, 2012)*: It is a 5 point scale developed and used to access facebook addiction in the subjects. The scale consists of 18 questions, each were given a score of (1) very rarely (2) rarely (3) sometimes (4) often (5) very often. Accordingly one would score a minimum of 23 and maximum of 115. The scores were finally assessed as follows. [57-normal: 58 to 86-high risk behavior: 87 to 115- addiction]. The scale has an good internal consistency (Cronbach's alpha =0.92) and test-retest reliability (0.82)

2) *Facebook Intensity Scale (Ellison, N.B, 2007)*: It was used to measure facebook usage beyond simple measures of frequency and duration incorporating emotional connectedness to the site and its integration into individual's daily activities. It consists of 8 questions. Response categories range from (1) strongly disagree (2) disagree (3) neutral (4) agree (5) strongly agree. The last 2 questions in this scale are regarding the number of facebook friends and time spent on facebook per day respectively. Scores were attained by calculating the means of all of the items in the scale, with a minimum score of 1, and a maximum score of 6.25. This scale has been shown to have good reliability in previous research, reporting Cronbach's alpha value at 0.83.

3) *Rosenberg Self-Esteem Scale (Rosenberg G, 1965)* : It contains 10 items with a four point Likert scale and provides an overall evaluation of a person's Self- esteem. Scores less than 15 are suggestive of low self-esteem. The reliability of the scale (Cronbach's alpha) is 0.83.

Statistics Used:

The data was analyzed using IBM SPSS version 20.0. Means and standard deviations and chi-square test was used for analysis of data.

Results

Socio- Demographic Data

- Out of 108 participants enrolled, 102 participants were having a Facebook account.
- 82.4 %(84) of the subjects were females and 17.6 %(18) were males. All the subjects were in the age group of below 25 years. 76.5 %(78) subject's place of residence was hostel and 23.5% (24) subjects resided in their homes.

Pattern of Internet Use

- 48 %(49) subjects are spending between 101-500 Rupees on internet.
- 98% subjects accessed internet using mobiles.
- Social networking (100%), Education related (75.5%) were the most commonly

used sites on internet.

- Facebook (100%) was the most commonly used social networking site followed by whatsapp (74.5%) and hike (7%).

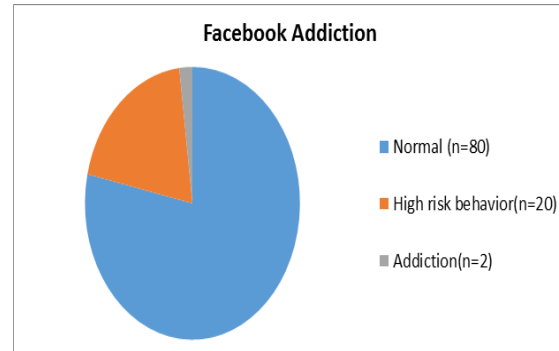
Pattern of Facebook Use

- 83.4% of the subjects are using facebook for the past 1 to 5 years.
- 80% of the subjects were introduced to facebook by their friends.
- 47.1% subjects had 100-500 friends.
- 62.7% subjects spent 1 hour per day in Facebook

Facebook Addiction And High Risk Behavior

Based on the results from the scale, the subjects were classified as normal behavior, high risk behavior and facebook addiction from table 2. It was observed that the prevalence

of facebook addiction was 1.9% and high risk behavior was 19.6%.



When analysis was done for those with addiction and high risk behavior (A/HRB) the following significant findings were noted:

- A/HRB are seen to be more in final year students 97 (98%) (p=0.027), Mobile

Table 1. Facebook Intensity Scale

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1.Facebook is a part of my everyday activity	51%	21.6%	14.7%	9.8%	2.9%
2.I'm proud to tell people I'm on facebook	36.3%	24.5%	18.6%	17.6%	2.9%
3.Facebook has become a part of my daily routine	38.2%	28.4%	10.8%	16.7%	5.9%
4.I feel out of touch when I haven't logged onto facebook for a while	31.7%	26.7%	19.8%	9.9%	11.9%
5.I feel I am a part of facebook community	26.5%	17.6%	24.5%	26.5%	4.9%
6.I would feel sorry if facebook shuts down	34.3%	18.6%	14.7%	20.6%	11.8%

Table 2. Distribution of Subjects according to the Prevalence of Facebook Addiction

	Normal (<57)	High-risk (58 to 86)	Addiction (87 to 115)	Total
Number of Nursing students	80	20	2	102

Table 3. Results in Chi-Square test.

Category	n (%)	Test of significance (X2)	p
Mobile phone internet users	97(98)	10.0012	0.001(S)
Uploading selfies	9((8.8)	4.6979	0.03(S)
>500 friends	24(23.5)	4.7088	0.03(S)
Low self esteem	17(16.6)	0.0328	0.82(NS)

Significance at p<0.05, n = number of students

phone internet users ($p=0.001$), those uploading selfies (9 (8.8%) ($p=0.03$). Individuals with more than 500 friends in facebook were more prone for addiction (24(23.5%); $p=0.03$).

- A/HR individuals were more prone for postponing, skipping and surfing till night ($p=0.00$).
- Those who had addiction were found to have low self esteem ($p=0.029$)
- Those with face book addiction had frequent episodes of frustration, anxiety, annoyance, sad, yelled when internet was denied access $p=0.01$).

Facebook Addiction And Self-Esteem

- Out of 102 students, low self-esteem was observed in 17 subjects (16.6%). Out of 22 students with Addiction/High Risk Behavior (A/HRB), low self-esteem was observed in 4 (18.8%).No significant association was found between facebook addiction and low self esteem($p=0.82$).

Table 4 - Distribution Of Subjects According To Scores On Rosenberg’s Self-Esteem Scale

Groups	Normal self esteem		Low self esteem	
	n	(%)	n	(%)
Normal	67	(65.7%)	13	(12.7%)
Addiction/High Risk Behavior	18	(17.6%)	4	(3.9%)

n= number of students

Discussion

- Out of 108 subjects, 6 did not have facebook account. Most of them felt that there is no privacy in facebook and the posts that they share in facebook can be misused by others. Other reason was lack of time to access facebook because of their busy schedules. Most of them preferred using whatsapp than facebook for privacy concern.
- The prevalence of facebook addiction and high risk behavior among nursing students is found to be 1.9% and 19.6% respectively. According to Ramesh (2015), in his studies prevalence of facebook

addiction was found to be 7.25% and high risk behavior was 24.75% in the study subjects. The difference in the prevalence of facebook addiction is mainly due to the rampant usage of other social networking sites in the recent days.

- Addiction/High Risk Behaviour are commonly seen in females. Similar to Mok JY et al (2014) findings who reported that smart phone addiction was more in females when compared to males($p<0.001$), while other study by Sami Abdo Radman (2013) didn’t find any significant differences between males and females($p=0.997$).
- Physical and mental health related problems are seen in facebook addiction and high risk behavior subjects.
- Out of 22 subjects with A/HRB, low self-esteem was observed in 4 subjects. This study didn’t find any significant association between facebook addiction and low self esteem. It is in contrast to a study done by Agata et al (2016), where an association was found between facebook addiction and lower self-esteem.

Conclusion

Social Media occupies a significant part in our dialing living, at times it goes beneficial but mostly it is detrimental particularly to the adolescent population if it was properly used. The prevalence of facebook addiction and high-risk behavior was found in 1.9% and 19.6% of the study subjects. Those having A/HRB were found to have more of physical and mental health problems. No significant association was found between facebook addiction and low self esteem.

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