

## FACEBOOK ADDICTION: A STUDY ON STUDENTS OF A TERTIARY CARE MENTAL HEALTH INSTITUTE

Hemanta Dutta<sup>1</sup>, Soumik Sengupta<sup>2</sup>

*Senior resident, LGBRIMH, Tezpur, Assam<sup>1</sup>, Assistant professor, Department of Psychiatry,  
LGB regional Institute of Mental Health, Tezpur, Assam<sup>2</sup>*

### ABSTRACT

**Background:** Use of Facebook has turned into our day to day need. Knowing or unknowingly ways of expression of our views and emotions are getting dependent on it.

**Aim:** to study Facebook addiction among the students of a tertiary mental health care institute.

**Methods:** Study has been conducted on 100 students of Lokoprio Gopinath Bordoloi Regional Institute of Mental Health, Tezpur. The Bergen Facebook addiction scale was administered to assess the addiction.

**Results:** 18% of the study population was found to be addicted to Facebook.

**Conclusion:** The role of social media in our daily life is not ignorable. However, while using these advanced modes of social communication it has become an inseparable part of our life. Peoples are getting addicted to it, which is debilitating our social and occupational life.

**Keywords:** Bergen Facebook addiction scale, Facebook addiction, Social networking site

### Introduction:

“Social media is the collective of online communications channels dedicated to community-based input, interaction, content-sharing and collaboration”.<sup>1</sup> **Addiction** is a state characterized by, engaged in behaviour to achieve repetitive effects, preoccupation with that behaviour, temporary satiation, loss of control, and suffering negative consequences.<sup>2</sup> Various social networking sites those have been reported till yet are mainly Facebook, MySpace, Orkut, Twitter, Google, Instagram, etc., which allow people to stay connected with each other.<sup>3</sup> Among them Facebook is considered to be the most popular social networking site till yet.<sup>3</sup> It was created by Mark Zuckerberg, a student at Harvard University in 2004 as the network to access college students' information. At the beginning, Facebook became a virtual medium for students of Harvard in identifying each other and making new social relationships.<sup>3</sup> Later, the use of Facebook was spread to other universities students and becoming a public domain in 2006.<sup>5</sup> Study has reported that till March 2014 there were 1.28 billion active users on the site per

month, and at least 802 million of these users logged into Facebook every day.<sup>3</sup> La Kim and Peng have defined **Social network addiction** as failure to regulate usage which lead to negative personal outcomes.<sup>6</sup> Young has defined criteria for Facebook addiction, which includes neglect of personal life, mental preoccupation, escapism, mood modifying experiences, tolerance, and concealing addictive behavior. Various previous studies have assessed the addictive potential of Facebook by applying Bergen Facebook addiction scale. Prevalence studies have shown in variation in the prevalence of Facebook addiction is from 4-41%.<sup>7</sup> The small number of studies conducted so far on the Social Networking Site including Facebook, suggests that it is associated with health related, academic, and interpersonal problems.<sup>8</sup> Studies have revealed that excessive use of Facebook is associated with jealousy, social tension, isolation and depression.<sup>9</sup> Studies have found that compulsive Social Networking Sites (including Facebook) usage is related to loneliness, missing of work, school, and real world social activities and negatively related to psychological well being.<sup>9,10</sup> Facebook addiction can lead negative emotional

experiences and which can ultimately lead to maladaptive coping strategies from stress.<sup>9</sup> In comparison to other countries, studies showing addictive potentiality to this commonly used social networking site in India are lacking specially from our North Eastern counterpart. Our institute i.e Lokoprio Goliath Bordoloi Regional Institute of Mental Health is tertiary mental health care institute. It provides education for MD/DNB psychiatry along with various allied mental health branches. Students from Homeopathy and Ayurvedic streams are posted in our institute to have their orientation towards mental health. Here we have endeavored to survey dependence on Facebook among the students of our Institute.

### Materials and method:

#### Study area:

The study was done in Lokoprio Gopinath Bordoloi Regional Institute Of Mental Health, which is a tertiary mental health care center situated in Tezpur, Assam.

#### The design of the study:

The study subjects were 100 students, which are undergoing various psychiatric and Allied Medical courses in our Institute. Our study was of cross sectional type. Socio-demographic information was gathered as per the prepared standard questionnaire. Ethical approval and consent of the patients were obtained in the initial portion of the study. Bergen Facebook Addiction Scale, which was developed by Andreasen et al, 2012 was administered on the students to identify the addictive potential to Facebook.<sup>11</sup> Results are then evaluated through EXCELSTAT and SPSS version 20.

#### The aim of the study:

To study Facebook addiction among the students of a tertiary mental health care institute

*Inclusion criteria:* a) Both male and female students who are undergoing various courses in Lokoprio Gopinath

Bordoloi Institute of mental health *Tool which is used in the study* are: **Bergen Facebook Addiction Scale<sup>11</sup>**

#### **Bergen Facebook Addiction Scale<sup>11</sup> –**

This psychometric tool to assess addiction towards Facebook had been developed by Andreassen et al., (2012). This scale was administered on 421 students of University of Bergen (UiB), Norway. Responses on the scale were rated on a 5-point scale indicating (1) Very rarely, (2) Rarely, (3) Sometimes, (4) Often, and (5) Very often. The scale has six items and its reliability in the present sample is found to be 0.68 (alpha). They have suggested that scoring "often" or "very often" on at least four of the six items may suggest the respondent is addicted to Facebook.

Bergen Facebook addiction scale comprises of following questions:

- Q1.** You spend a lot of time thinking about Facebook or planning how to use it.
- Q2.** You feel an urge to use Facebook more and more.
- Q3.** You use Facebook in order to forget about personal problems.
- Q4.** You have tried to cut down on the use of Facebook without success.
- Q5.** You become restless or troubled if you are prohibited from using Facebook.
- Q6.** You use Facebook so much that it has had a negative impact on your job/studies.

#### Results:

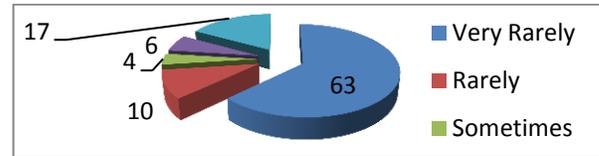
Our study has revealed that 13% of our students spend their time by thinking about Facebook. While going to the desire of engagement with this social communication site 78% denies any inclination to utilize it. Be that as it may, 16 % of students have conceded that they feel an impulse to get connected with Facebook. 13% of the students use Facebook to forget their

personal problems. In terms of cutting down the habit of using it, 16% of the study populations feel failure to decrease their repeated behavior. 17% of the students feel restless if they don't use Facebook in their daytime. 23% of our study subjects have conceded that excessive use of Facebook is bringing on the negative effect on their social and educational life. Our study has delineated that 18% of our students are dependent on this online social networking. Study results have been portrayed through Table 1, Table 2, and Figure 1-6.

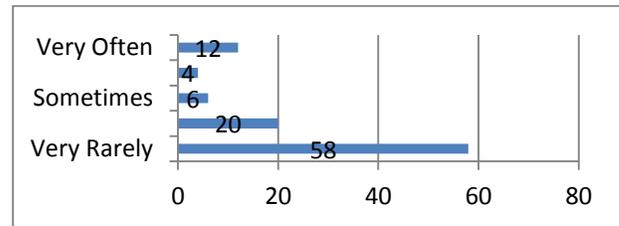
**Table 1: Table showing number of students giving responses to questions of Facebook addiction scale**

<b>Q1.</b> You spend a lot of time thinking about Facebook or planning how to use it.				
Very Rarely	Rarely	Sometimes	Often	Very Often
63	10	4	6	17
<b>Q2.</b> You feel an urge to use Facebook more and more.				
Very Rarely	Rarely	Sometimes	Often	Very Often
58	20	6	4	12
<b>Q3.</b> You use Facebook in order to forget about personal problems.				
Very Rarely	Rarely	Sometimes	Often	Very Often
67	10	10	6	7
<b>Q4.</b> You have tried to cut down on the use of Facebook without success.				
Very Rarely	Rarely	Sometimes	Often	Very Often
66	10	8	6	10
<b>Q5.</b> You become restless or troubled if you are prohibited from using Facebook.				
Very Rarely	Rarely	Sometimes	Often	Very Often

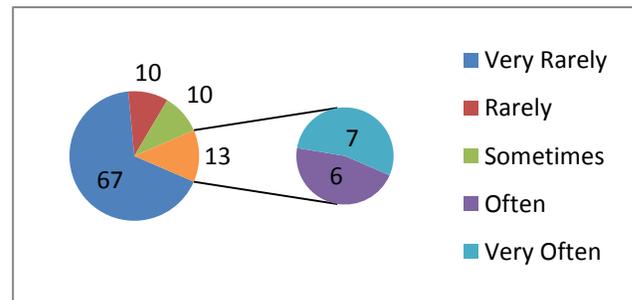
68	5	10	11	6
<b>Q6.</b> You use Facebook so much that it has had a negative impact on your job/studies.				
Very Rarely	Rarely	Sometimes	Often	Very Often
66	4	7	12	11



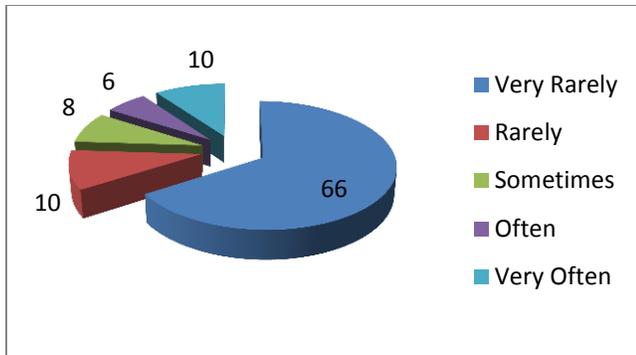
**Figure-1:** Diagrammatic representation of the variation of responses among the students to the question number 1



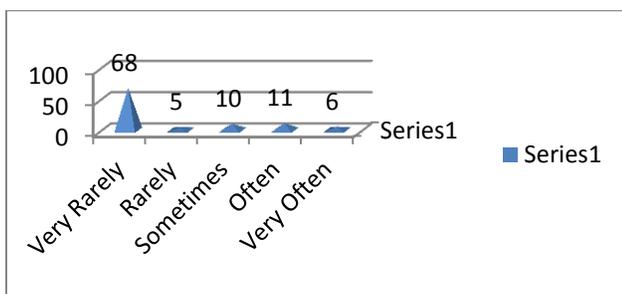
**Figure-2:** Diagrammatic representation of the variation of responses among the students to the question number 2



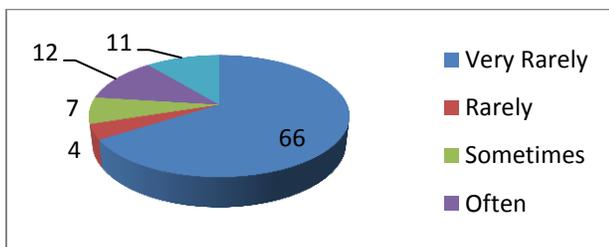
**Figure-3:** Diagrammatic representation of the variation of responses among the students to the question number 3



**Figure-4:** Diagrammatic representation of the variation of responses among the students to the question number 4.



**Figure-5:** Diagrammatic representation of the variation of responses among the students to the question number 5



**Figure-6:** Diagrammatic representation of the variation of responses among the students to the question number 6.

**Table-2:** Table showing number of students addicted to Facebook:

Total Number of students addicted to Facebook	18
---	----

**Discussion:**

Internet addiction along with Facebook addiction, are frequently discussed terms nowadays.

Although they have failed to make impression over our Diagnostic systems.<sup>3</sup> Recently published DSM5 also has not included these terms. Wolniczak et al.conducted a study among their students in German university, Peru and reported that 8.6% of the students suffered from Facebook addiction.<sup>12</sup> Marcia discovered the prevalence of Facebook addiction in Philippine university students to be 4.2%.<sup>13</sup> Akyiliz and Arganreported that 7.6% of Turkish undergraduate students stayed on Facebook more than 3 hours a day.<sup>14</sup> However study which was done by Hanprathet et al., in a Thai university reported 41% of Facebook addiction among their students.<sup>7</sup> Our study also has revealed that 18% of our study population has been suffering from Facebook addiction. 23% of our study subjects have admitted that use of Facebook has been associated with decline of their performances in academic and educationalfield, which is a consistent finding with a study which was conducted by La Rose et al.<sup>6</sup> They have likewise inferred that excessive use of social networking interferes with work, school, and social activities.<sup>6</sup> Jafri has uncovered through his study that Facebook addicts are more inclined to utilize maladaptive coping strategies systems when they need to handle any stress.<sup>9</sup> In our study also it has been seen that 13% of our students use Facebook to forget their personal problems. While explaining social networking addiction Turel and Serenko have proposed three theoretical models which are as follows:<sup>15</sup>

- **Cognitive-behavioral model:** It states that Social networking addiction arises from maladaptive cognitions and is amplified by various environmental factors, and eventually leads to compulsive and/or addictive social networking.
- **Social skill model:** This model emphasizes that ‘abnormal’ social networking arises because people lack self-presentational skills and prefer virtual communication to face-to-face interactions.
- **Socio-cognitive model:** Social networking arises due to the expectation of positive outcomes,

combined with internet self-efficacy and deficient internet self-regulation.

### Summary and Conclusion:

Increase in use of internet and social media to exchange human's emotion is seen to be having a tremendous impact on social and psychological life. Our extreme reliance on these social networking sites causing decline in our social cognition. Through our study we had attempted to assess extent of dependability on these social networks to express our views and emotions. This type of study has not been conducted in our North East India till yet, which has been searched both manually and through web. Our study has limitation from the side of its sample size. A large number of sample sizes could have been better representative of the actual facts. However our study throw a light on the rising prevalence of addiction of human race to the mostly used social networking site i.e. Facebook. We recommend a study on large scale basis to explore the prevalence and impact of Facebook addiction on us.

**Conflict of interest:** There are no conflicts of interest.

### Reference:

1. Rouse M. *Social media*. <http://whatis.techtarget.com/definition/social-media> (accessed 2nd September 2015).
2. Sussman S, Sussman AN. *Considering the Definition of Addiction*. *Int J Environ Res Public Health*.2011;8(10): 4025–4038
3. Ryan T, Chester A, Reece J, Xenos S. *The uses and abuses of Facebook: A review of Facebook addiction*. *Journal of Behavioral Addictions* 2014; 3(3): 133–148.
4. Sharifah S, Omar SZ, Bolong J, Osman MN. *Facebook Addiction among female university students*. *Revista de Administratie Publica si Politici Sociale* 2011; 2(7): . <http://revad.uvvg.ro/files/nr7/10.%20sharifah.pdf> (accessed 2nd September 2015).
5. Boyd D, Ellison N. *Social network sites: Definition, history, and scholarship* *Journal of Computer-Mediated Communication*. *Journal of Computer-Mediated Communication* 2007; 13(1): . <http://jcmc.indiana.edu/voll3/issue1/boyd.ellison/jhtml>. (accessed 3rd September 2015).
6. LaRose R, Kim J, Peng W . *A networked self: Identity, community, and culture on social network sites*. New York: Taylor & Francis; 2010.
7. Hanprathet N, Manwong M, Khumsri J, Yingyeun R, Phanasathit M. *Facebook Addiction and Its Relationship with Mental Health among Thai High School Students*. *J Med Assoc Thai* 2015; 98(3): S81-S90
8. Andreassen CS, Pallesen S. *Social network site addiction - an overview*. *Curr Pharm Des* 2014; 20(25):4053-61
9. Jafri H. *A Study on Facebook Addiction and its Relationship with Emotional Experience and Coping Strategies*. *The International Journal of Indian Psychology* 2015; 2(4):7-14.
10. Kalpidou M, Costin D, Morris J. . *The relationship between Facebook and the wellbeing of undergraduate college students*. *Cyber Psychology, Behavior, and Social Networking* 2015; 14(4): 183-189.
11. Andreassen CS, Torsheim T, Brunborg GS, Pallens S . *Development of a Facebook Addiction Scale*. *Psychological Reports* 2012; 110(2):501-517.
12. Wolniczak I, Caceres-DelAguila JA, Palma-Ardiles G, Arroyo KJ, Solis-Visscher R, Paredes-Yauri S, et al. *Association between Facebook and poor sleep quality: a study in a sample of undergraduate students in Peru*. *PLoS One* 2013; 8: e59087.
13. Marcial DE. *Are you a facebook addict? Measuring facebook addiction in the Philippine University*. *International Proceedings of Economics Development and Research* 2013; 66: 1-4.
14. Akyildiz M, Argan M. *Using online social networking: students' purposes of facebook usage at the University of Turkey*. *Las Vegas: Academic and Business Research Institute International Conference*; 2011.
15. Turel O, Serenko A (2012) *The benefits and dangers of enjoyment with social networking websites*. *Eur J InfSyst* 2012; 21: 512-528.