

Facebook Addiction Among Nursing Students

Nappinnai NR, Shailaja B, Srinivasagopalan G

Meenakshi Academy of Higher Education and Research (MAHER),
Meenakshi medical college and research institute, Enathur, Kancheepuram.

Corresponding author: sailajachoudhury@gmail.com

ABSTRACT

Facebook is one of the most popular social networking sites. It 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. 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. 108 nursing students had enrolled for the study. 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. The prevalence of facebook addiction and high-risk behavior was observed in 19% of the subjects.

Key words: *Facebook addiction, high-risk behavior, medical community, self-esteem.*

I. INTRODUCTION

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 [1], two billion people were estimated to use social networking sites [2]. Facebook is one of the most widely used social networking sites with 1.09 billion daily active users as of March 2016 [3]. 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 [4]. 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 [5]. It is also characterized by some of the features commonly observed in other addiction disorders such as tolerance, withdrawal, relapse etc [6]. Addiction can be disruptive to many aspects of life for medical students going to develop into caring health professionals. The implication of their addiction can have a wide and detrimental consequences in a society as a whole [7]. It is important to know the scale of the problem so that the appropriate measures can be taken. There are little studies done regarding facebook addiction among medical professionals in India. The objective of the study is to determine the prevalence of facebook addiction among medical 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.

II. MATERIALS AND METHODS

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. The questionnaire consists of 2 sections.

Section A Questions about Facebook Use

- a) Socio demographic data(age/sex/course/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) Facebook addiction scale

It is a 5 point scale developed and used to assess facebook addiction in the subjects. The scale consists of 23 questions, each were given a score of (1) very rarely (2) rarely (3) sometimes (4) often (5) very often.

The scores⁽⁶⁾ were finally assessed as follows.

57-normal

58 to 86-high risk behavior

87 to 115-addiction.

2) Facebook intensity scale

It was used to measure facebook usage beyond simple measures of frequency and duration incorporating emotional connectedness to the site and its integration into individuals 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 [8].

3) Rosenberg self-esteem scale :-

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 is suggestive of low self-esteem [9]

III. RESULTS

Sociodemographic 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 rs 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 bywhatsapp(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.

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%

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%.**

Table 2. Distribution of subjects according to the prevalence of Facebook Addiction

	NORMAL (<57)	HIGHRISK (58 to 86)	ADDICTION (87 to 115)	TOTAL

NURSING	80	20	2	102
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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 ($p=0.027$), Mobile phone internet users($p=0.009$), those uploading selfies($p=0.01$). individuals with more than 1000 friends in facebook were more prone for addiction(66.6%; $p=0.002$); 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($p=0.01$).

IV. FACEBOOK ADDICTION AND SELF-ESTEEM

Out of 102 subjects with Addiction/High Risk Behavior (A/HRB), low self-esteem was observed in 10 subjects (9.9%).

V. 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 behaviour among medical community is 1.9% and 19.6% respectively. According to earlier report [10] prevalence of facebook addiction was found to be 7.25% and high risk behaviour 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. A/HRB are commonly seen in females [11]. Physical and mental health related problems are seen in facebook addiction and high risk behaviour subjects. Similar findings are noted in Sami AbdoRadman et al study [12]. Out of 102 subjects with A/HRB, low self-esteem was observed in 10 subjects. It is in consistent with earlier reports [13]. She has noted that facebook addiction was in relation with lower self-esteem [14]. The prevalence of facebook addiction and high-risk behaviour was found in 21.5% of the study subjects.

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