

FACEBOOK ADDICTION AND ITS EFFECT ON MEDICAL STUDENTS ON THEIR AFFECTIONATE RELATIONSHIP

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ABSTRACT

Background

Due to increased addiction of the social media. Facebook addiction became now more problematic among the college student. It would be difficult to find a college student who does not know what Facebook is, or to find one who does not have his or her own Facebook account. Facebook has become one of the biggest “procrastinating tools” for college students.

Aim:-

To find out the role of facebook addiction in medical student with respect to self-esteem, jealousy .

MATERIALS AND METHODS:-

A total of 100 participant participated in my study .After providing informed consent, questionnaires on demographic information, General Information Schedule, Bergen Facebook Addiction Scale, Rosenberg Self Esteem Scale, Facebook Jealousy Scale were administered via an online platform. The time required for the survey was approximately 25- 30 minutes.

Results:-

The results indicate that there is a significant difference between facebook non-addict females and facebook addict females with respect to self-esteem (t-value= 3.21), jealousy (t-value=2.24). Facebook addict males (M=3.05) are found to have higher jealousy than facebook non-addict males (M=1.89). The mean and standard deviation of facebook non-addict females and facebook non-addict males with respect to self-esteem, and jealousy indicate no significant difference between these two groups with respect to these variables. Also The mean and standard deviation of facebook addict females and facebook addict males with respect to self-esteem and jealous indicate no significant difference between these two groups with respect to these variables.

Conclusion:-

Self-esteem tends to be higher in females who are addicted to facebook than those who are not addicted to facebook. Facebook addict females tend to have higher jealousy than facebook addict males

Keywords

Facebook addiction, self-esteem , jealousy, Affectionate relationship

INTRODUCTION:-

Internet addiction is an umbrella term that refers to the compulsive need to spend a great deal of time on the Internet, to the point where relationships, work and health are allowed to suffer (1). Facebook is one such Social Networking Service. It would be difficult to find a college student who does not know what Facebook is, or to find one who does not have his or her own Facebook account. Facebook has become one of the biggest “procrastinating tools” for college students. Due to “status updates” and the “newsfeed,” hundreds of people can know within seconds who is dating whom, what couples broke up, or what their significant other at a different school did over the weekend. Current data of facebook use 2.93 billion users worldwide (2)and in india 239.65 million(3).“Facebook addiction” is a term coined by researchers that is applied to individuals who engage in excessive, compulsive Facebook use for the purposes of mood alteration, with negative personal outcomes (4). In other words, a person with Facebook addiction may subjectively experience a loss of control while continuing to use Facebook excessively despite its detrimental effects on the individual’s life (5). Addiction is associated with an imbalance between activity in two key brain systems: the impulsive amygdala-striatal system and the reflective inhibitory prefrontal brain system. In substance addiction, the amygdala-striatal system is hyperactive, resulting in intensified impulses for addictive behavior, whereas the prefrontal cortex is hypoactive, resulting in an inability to stop impulsive behaviors after they have been triggered (6). Turel et al. (7) examined the involvement of these neural systems in Facebook addiction. . Excessive use of facebook disturbs their daily life. Due to this disturbance, the interpersonal relationship of the users suffers. The feeling of jealousy and psychological problems like stress, anxiety, depression, isolation, loneliness, self-esteem, narcissism etc. makes life miserable(8).So in this study we will try to find out how facebook addiction affect affectionate relationship in context of self-esteem, , jealousy in a defined population.

AIM:-

1.To find out the role of facebook addiction in medical student with respect to self-esteem, jealousy

OBJECTIVES:-

1. To find out whether there is any significant difference between facebook addict females and face-book non-addict females’ medical students with respect to self-esteem, jealousy.

2. To find out whether there is any significant difference between facebook addict males and facebook non-addict male's medical students with respect to self-esteem, jealousy.
3. To find out whether there is any significant difference between facebook non-addict females and facebook non-addict male's medical students with respect to self-esteem, jealousy.
4. To find whether there is any significant difference between facebook addict females and facebook males medical students with respect to self-esteem, jealousy.

METHODOLOGY:-

PARTICIPANTS:- The sample for the present study comprised of 100 subjects in total who were all young adults. Out of these 100 subjects, 50 were females and 50 were males who had an account in face book. The two groups were matched on the basis of:

STUDY DESIGN:-A cross sectional purposive sampling.

SAMPLING STRATEGY:-purposive sampling.

- Age: Comprised of young adult males and females medical students belonging to the age range of 20-25 years.
- Education: doing MBBS.
- Marital Status: Unmarried.
- Relationship Status: Committed.

Individuals satisfying the inclusion and exclusion criteria were approached to participate in the present study.

Inclusion Criteria:

- Young adults of age range 20-25 years.
- All were in a romantic relationship with a partner of opposite sex.
- All were unmarried.
- All were medical students.
- All had an account in facebook.

- Subjects who are willing to participate after being briefed about the purpose of the research.

Exclusion Criteria:

- Subject with any significant physical illness.
- Subjects with any significant psychiatric illness.
- **PROCEDURE:-** After providing informed consent, questionnaires on demographic information, General Information Schedule, Bergen Facebook Addiction Scale, Rosenberg Self Esteem Scale, Facebook Jealousy Scale were administered via an online platform. The time required for the survey was approximately 30 minutes.

Statistical analyses were performed using epi info 7 software. Descriptive analyses were performed to describe relevant variables such as means, standard deviations, frequencies, or percentages with tests of significance like t-test and S.D respectively.

TOOLS:

1. GENERAL INFORMATION SCHEDULE

For the present study an information schedule was prepared to elicit information on Name, Age, Sex, Educational Qualification, Information on family type, Number of family members, Residence, Monthly family income, Relationship status, Duration of the same, Whether have a facebook account, Approximate time spent in using facebook per week, Presence of any physical or psychiatric illness.

2. BERGEN FACEBOOK ADDICTION SCALE (BFAS)(9)

ADMINISTRATION AND SCORING:

The scale can be given individually and it is self administered test. Subjects were asked to give one of the following responses to the questions: very rarely, rarely, sometimes, often, and very often, where,

Very rarely=1, rarely=2, sometimes=3, often=4 and

Very often=5.

Andreassen and colleagues suggest that scoring “often” and “very often” on atleast four of the six items may suggest the respondent to be a facebook addict.

RELIABILITY:

The 3-week test- retest reliability coefficient is .82 and the coefficient alpha is .83.

PURPOSE OF THE TOOL USED:

The tool has been used to screen subjects who are addicted to facebook.

3. ROSENBERG SELF ESTEEM SCALE (RSES)(10)

ADMINISTRATION AND SCORING:The scale can be given individually and it is a self administered test. The items are answered on a 4-point scale ranging from 1 (strongly disagree) to 4 (strongly agree). Items 3, 5, 8,9,10 receive a reverse scoring.

RELIABILITY:

The test-retest reliability of the test is .86 and internal consistency is .90.

PURPOSE OF THE TOOL USED:

The tool has been used to measure the subjects on the dimension of self-esteem.

5.FACEBOOK JEALOUSY SCALE (FJS)(10)

.ADMINISTRATION AND SCORING:

The scale can be given individually and it is a self administered test. The answer choices were presented as a seven-point Likert scale and ranged from 1 to 7 (1 = —very unlikely; 2 = —unlikely; 3 = —somewhat unlikely; 4 = —neither likely nor unlikely; 5 = —somewhat likely; 6 = —likely; 7 = —very likely).

RELIABILITY:

The Cronbach's alpha of the test is found to be .96.

PURPOSE OF THE TOOL USED:

The tool is used to measure jealousy induced by facebook in affectionate relationships.

RESULTS:-**TABLE 1: COMPARISON BETWEEN FACEBOOK NON-ADDICT FEMALES AND FACEBOOK ADDICT FEMALES WITH RESPECT TO SELF ESTEEM and JEALOUSY.**

NAMES OF THE SCORES	SELF-ESTEEM		JEALOUSY	
	FACEBOOK NON-ADDICT FEMALES	FACEBOOK ADDICT FEMALES	FACEBOOK NON-ADDICT FEMALES	FACEBOOK ADDICT FEMALES
MEAN	24.77	27.27	1.9	3.5
S.D	2.96	2.52	0.70	3.50
t-value	3.21**		2.24**	

**indicates t-value to be significant at .01level of significance.

The results indicate that there is a significant difference between facebook non-addict females and facebook addict females with respect to self-esteem (t-value= 3.21), jealousy (t-value=2.24). Self-esteem is found to be higher in facebook addict females (M=27.27) compared to facebook non-addict females (M=24.77). Facebook addict females (M=3.5) are found to have higher jealousy than facebook non-addict females (M=1.9).

NAMES OF THE SCORES	SELF-ESTEEM		JEALOUSY	
	FACEBOOK NON-ADDICT MALES	FACEBOOK ADDICT MALES	FACEBOOK NON-ADDICT MALES	FACEBOOK ADDICT MALES
MEAN	25.10	26.52	1.89	3.05

S.D	2.89	2.54	0.5	1.21
t-value	1.84		4.43**	

TABLE 2.COMPARISON BETWEEN FACEBOOK NON-ADDICT MALES AND FACEBOOK ADDICT MALES WITH RESPECT TO SELF-ESTEEM and JEALOUSY.

**indicates t-value to be significant at .01 level of significance

The result indicates that there is a significant difference between facebook non-addict males and facebook addict males with respect to jealousy (t-value=4.43). Facebook addict males (M=3.05) are found to have higher jealousy than facebook non-addict males (M=1.89).

TABLE 3: COMPARISON BETWEEN FACEBOOK NON-ADDICT FEMALES AND FACEBOOK NON-ADDICT MALES WITH RESECT TO SELF-ESTEEM and JEALOUSY.

NAMES OF THE SCORES	SELF-ESTEEM		JEALOUSY	
	FACEBOOK NON-ADDICT FEMALES	FACEBOOK NON-ADDICT MALES	FACEBOOK NON-ADDICT FEMALES	FACEBOOK NON-ADDICT MALES
MEAN	24.77	25.10	1.91	1.89
S.D	2.96	2.89	0.70	0.50
t-value	0.39		0.058	

The mean and standard deviation of facebook non-addict females and facebook non-addict males with respect to self-esteem, and jealousy. The results indicate no significant difference between these two groups with respect to these variables.

TABLE 4: COMPARISON BETWEEN FACEBOOK ADDICT FEMALES AND FACEBOOK ADDICT MALES WITH RESPECT TO SELF-ESTEEM, and JEALOUSY

NAMES OF THE SCORES	SELF-ESTEEM		JEALOUSY	
	FACEBOOK ADDICT FEMALES	FACEBOOK ADDICT MALES	FACEBOOK ADDICT FEMALES	FACEBOOK ADDICT MALES
MESN	27.27	26.52	3.50	3.05
S.D	2.52	2.54	3.50	1.21
t-value	1.048		0.60	

**indicates t-value to be significant at .01 level of significance

The mean and standard deviation of facebook addict females and facebook addict males with respect to self-esteem and jealousy. The results indicate no significant difference between these two groups with respect to these variables.

DISCUSSION:-

The females, who are addicted to facebook, tend have higher self-esteem than those who are not addicted to facebook(11). This may be due to the fact that with more time spent on facebook and the feedbacks received by them in the form of 'likes' or acceptable 'comments' to their updates may boost their self esteem. Males also tend to experience jealousy with respect to their romantic relationships just like females(12). But the context of jealousy in case of males tends to be due to sexual infidelity. They are found to be suspicious in relation to their romantic partners regarding physical relationships. Males and females both tend to have jealousy present within them(12). But females are found to be influenced by facebook with respect to jealousy more than males. Two types of jealousy that are mostly considered are jealousy due to sexual infidelity and jealousy due to emotional infidelity. Emotional jealousy is found to be predominant in females, as they tend to be more emotionally expressive compared to males. They are more expressive about their feeling and tend to depend more on their partners emotionally. In contrast, males are not so emotionally driven. In case of facebook non-addict females and males, no significant difference has been found between *them with respect to self-esteem, jealousy*.

CONCLUSION:-Self-esteem tends to be higher in females who are addicted to facebook than those who are not addicted to facebook. Females who are addicted to facebook tend to have higher jealousy in them compared to those who are not addicted to facebook(8). Facebook addict

females tend to have higher jealousy than facebook addict males. No significant difference between facebook non-addict females and males has been found.

LIMITATIONS

- As participants were recruited via online social media platform limiting the generalization of study results.
- It was not possible to control fully faking tendency of the subjects in their response as they wanted to give a socially approved response

SUGGESTIONS FOR FURTHER RESEARCH

- Further study can be done with other population also.
- Further study can be done with larger population.
- Further study may include more variables.

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