



## A Study of Facebook Addiction Among Medical Community

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### ABSTRACT

**Introduction:** Facebook is one of the most popular social networking sites. 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, associated factors, effect of facebook addiction and to establish the relationship between facebook addiction and self-esteem among the medical community

**Subjects and Methods:** About 1000 undergraduates, postgraduates, faculties and nursing students were enrolled for the study using convenient sampling and screened using Facebook Addiction Scale and Rosenbergs Self-esteem scale.

**Results and conclusion:** The prevalence of addiction was 1% and high-risk behavior was 18% in the study subjects. 24% males and 13.5% females were categorized as addiction and high risk behavior subjects. 42% of the subjects with facebook addiction and high-risk behavior had lower self-esteem

**KEYWORDS :** Facebook addiction, medical community, self-esteem.

### 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.<sup>(1)</sup> Two billion people were estimated to use social networking sites.<sup>(2)</sup> Facebook is one of the most widely used social networking sites with 1.09 billion daily active users as of march 2016.<sup>(3)</sup> 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. 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.<sup>(4)</sup> It is also characterized by some of the features commonly observed in other addiction disorders such as tolerance, withdrawal, relapse etc.<sup>(5)</sup> 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.<sup>(6)</sup> 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.

Given the concerns outlined above, the primary objectives 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.

### METHODOLOGY

This study was done in a medical college in Kanchipuram during the period from may to june 2016. The study subjects included medical undergraduates, medical postgraduates, nursing students and faculties of the medical college. All subjects willing to participate were included in the study. Based on the feasibility 1000 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

. Socio demographic data (age/sex/course/division)

. Pattern of internet use (internet access place, device, types of internet activity and money spent)

. 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 of facebook use)

#### Section B

. Facebook addiction scale – It is a 5 point scale developed and used to access 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 were finally assessed as follows. 57-normal, 58 to 86-high risk behavior, 87 to 115-addiction.<sup>(7)</sup>

. 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.<sup>(8)</sup>

. Rosenberg self esteem scale – It contains 10 items with a four point likert scale and provides an overall evaluation of a person's self es-

teem. Scores less than 15 is suggestive of low self esteem.<sup>(9)</sup>

**RESULTS**

**SOCIODEMOGRAPHIC DATA**

Out of 1000 participants enrolled, 862 participants were having a Facebook account. A total of 631 undergraduates, 87 postgraduates, 41 faculties and 108 nursing students had Facebook account.

61%(519)of the subjects were females and 39%(343) were males. 87% of subjects were in the age group of 17 to 25 years. 75% subject's place of residence was hostel and 25% subjects resided in their homes.

**PATTERN OF INTERNET USE**

72.9% subjects spent less than Rs.500 on internet.

96.4% subjects accessed internet using mobiles.

Social networking (100%), Education related(60.7%) and online shopping sites(42.1%) were the most commonly used sites on internet.

Facebook(100%) was the most commonly used social networking site followed by whatsapp(79%), instagram(11%) and hike(11%).

**PATTERN OF FACEBOOK USE**

59.4% of the subjects are using facebook for the past 1 to 5 years.

73.5% of the subjects were introduced to facebook by their friends.

54.5% subjects had 100-500 friends.

75.2% subjects spent 1-3 hours 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	38.4%	16.1%	23.1%	16.6%	5.8%
2.I'm proud to tell people I'm on facebook	28.0%	23.1%	28.9%	15.2%	4.8%
3.Facebook has become a part of my daily routine	29.2%	24.1%	18.7%	22.5%	5.5%
4.I feel out of touch when I haven't logged onto facebook for a while	30.3%	27.3%	17.6%	18.0%	6.7%
5.I feel I am a part of facebook community	27.4%	18.7%	27.57%	21.5%	5.0%
6.I would feel sorry if facebook shuts down	33.9%	19.3%	17.7%	18.8%	10.2%

**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% and high risk behavior was 18%.

**TABLE 2 DISTRIBUTION OF SUBJECTS ACCORDING TO THE PREVALENCE OF FACEBOOK ADDICTION**

	NORMAL (<57)	HIGH-RISK (58 to 86)	ADDICTION (87 to 115)	TOTAL
UG	497	126	8	631
PG	83	4	0	87
FACULTY	40	1	0	41
NURSING	79	22	2	103
TOTAL	699	153	10	862

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

A/HRB are seen in males(24%;p-0.004),17-25 years(20.87%;p-0.014),those residing in hostel(20.55%;p-0.070),those introduced

by their family members(19%;p-0.004),those using it in class/meeting/study time(32.24%;p-0.000),Bed time(22.82%;p-0.007),Leisure-time(15.44%;p-0.000).

Education related(15%;p-0.000),Pornography(28%;p-0.001) and Online gaming sites(24%;p-0.000) were more commonly used functions in the internet by them.

They also tend to use other Social Networking sites like twitter(21%;p-0.010),instagram(31%;p-0.001),hike(34%;p-0.000)

companionship(32%;p-0.000),to escape from probems(32%;p-0.000),-sexual attractions(50%;p-0.000),self expression(32%;p-0.000),forming new relationships(35%;p-0.000) were the common reasons for using facebook among this group.

sending messages,posting and sharing links,viewing others profile,sharing photos,commenting on photos,uploading selfies,forming groups were the significant activities done by them.

they tend to hold urine,postpone/skip/forget meal,surf until midnight(p-0.000)

they also have significant physical health problems like watering / straining of eye,fatigue,headache,sleep disturbances, shoulder/wrist/neck/back pain(p-0.000)

mental health problems like frustration, anxiety, anger, loneliness, annoyance, feeling sad,yelling at ther person are noted when they were interrupted while using facebook(p-0.000).

among the A/HRB 33% were aware of their addiction,35% think that they have mental health problems,37% were willing to take treatment and only 20% were aware of the treatment.

**FACEBOOK ADDICTION AND SELF-ESTEEM**

out of 162 subjects with A/HRB , low self-esteem was observed in 65 subjects(42%;p-0.000).

**DISCUSSION**

Out of 1000 subjects,148 didnot have facebook account. 97 of the subjects were faculties of more than 25 years of age

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 1.2% and 17.7%respectively.according to Ramesh et al<sup>(10)</sup>in his studies 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 males(24%;p-0.004).similar to Mok JY et al findings<sup>(11)</sup>

A/HRB are commonly seen in 17-25 years(20.87%;p-0.014). Similar to Lin JY et al findings<sup>(12)</sup> he noted that facebook addiction is a common problem among young people under 22 than older people.

Physical and mental health related problems are seen in facebook addiction and high risk behaviour subjects.similar findings are noted in Sami Abdo Radman et al study.<sup>(13)</sup>

Out of 162 subjects with A/HRB , low self-esteem was observed in 65 subjects.it is in consistent with results of Agata et al .She has noted that facebook addiction was in relation with lower self-esteem.<sup>(14)</sup>

**CONCLUSION**

The prevalence of facebook addiction and high-risk behaviour was found in 19% of the study subjects.

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