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**Facebook Addiction Tendencies Among Teachers -A study conducted on
Puttalam District Tamil Medium school teachers.**

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Abstract

Facebook which was introduced to the public since 2004 is a tool for communications and for interactions around the world. Despite the positive contributions, addiction to Facebook is a dilemma in the modern world with hardly enough research. Studies on Facebook addiction seems to simply conclude that, there is a problem with overuse of Facebook, which needs further understandings. This study therefore, aimed to investigate Facebook usage, Facebook features used, Facebook dependency and Facebook related mental health problems of Puttalam district Tamil medium school teachers.

A mixed research method carried out including 40 teachers from the Puttalam Educational Zone using Purposive sampling. Facebook Addiction Scale based questionnaire was the main instrument of data collection from Teachers. In addition a self-developed interview schedule was used to collect data from teachers to collect additional data about the problem. The qualitative data were analyzed using content analysis methods and the surveyed quantitative data analyzed using One way ANOVA generated using the SPSS Ver. 18 software.

The results shows that 87.5% of the survey respondents were Facebook users while the remaining 12.5% had never used Facebook in their life. Young teachers' usage of Facebook is greater than others. 74% of teachers use Facebook to read messages and news. Also this study shows male teachers are more active than female teachers. Moreover there was a significant relationship between male teachers and Facebook dependency. Male teachers spend a lot of time in Facebook, feel an urge to use Facebook frequently, become restless or troubled if you are prohibited from using Facebook. As a results of addictive behavior they face physical and mental problems and negative impacts on their job.

Keywords: Facebook, Addiction, Disorder, Communication.

Introduction

The technology has a major impact on human life. The invention of the computer and computer network system allowed a large number of users to connect to the internet. The computer increases the productivity and connectivity, the Internet breaks the boundaries and opens options almost limitlessly. The Internet can help keep connected with long distance friends and family over e-mail and social networking.

Internet is an inseparable part of human life and it involves in variety of routine activities. We can also connect with millions of other people that shares the same interests as you over the social Medias such as Facebook, Twitter, YouTube, Instagram and online forums, chat, and VoIP services like Skype etc... Being able to connect to the people all around the world is also an excellent way to meet people, you would normally ever meet. Another great thing about the communication on the Internet is that it's faster compared to other forms of communication. For example, you could send someone an e-mail on the other end of the planet, and it often arrives in less than a minute or at most a few minutes. Where postal mail would take days or even weeks to arrive.

In the era of Information technology social media takes place an important part in human life. Social media are computer-mediated technologies that facilitate the creation and sharing of information, ideas, career interests and other forms of expression via virtual communities and networks. Social networking allows individuals to express their thoughts to other users. Social networking is the leader in promoting digital journalism (Thuseethan, & Vasanthapriyan, 2014).

The Facebook is the most famous social media in this decade. Facebook is an American online social media and social networking service company based in Menlo Park, California. Its website was launched on February 4, 2004, by Mark Zuckerberg, along with fellow Harvard College students and roommates Eduardo Saverin, Andrew McCollum, Dustin Moskovitz, and Chris Hughes.

Facebook has more than 2.2 billion monthly active users as of January 2018. Facebook can be accessed from a large range of devices with Internet connectivity, such as desktop computers, laptops and tablet computers, and smartphones. Users can add other users as "friends", Can make voice calls, exchange messages, post status updates, share photos, videos and links, use various software applications, and receive notifications of other users' activity.

Facebook allows users to create profiles and form connections with other users called “friends.” Friends may interact with each other by messaging and sharing photos, videos, or personal interests while traversing information about the activities of their friends and their friend’s friends. Users can enhance their profiles with a multitude of apps; for instance, users can play games, gamble, and generate polls, as well as integrate other social networking sites such as Twitter and Instagram.

Though social media helps to share thoughts, messages, videos and files etc. It has become a serious threat to the human behavior. The internet addiction has become researchable problem in Mental Health Psychology. Kimberly Young, one of the first researchers in the area, proposed diagnostic criteria for a phenomenon known as “Internet addiction”. Although not included in DSM-5, Internet addiction is thought to share some key traits with substance use disorder, such as tolerance, withdrawal, and negative repercussions.

Today, Internet addiction is viewed as a spectrum of online addictions, and compulsive Facebook use falls within that spectrum. Facebook users are constantly notified of new online activity by a

live news feed, which could encourage addiction by acting as classically conditioned cues on a variable interval reinforcement schedule.

When an individual exceed the limit of being addicted to Facebook it starts changing into a psychological disorder known as Facebook Addiction Disorder (FAD), which means spending an excessive amount of time on Facebook, which may restrict an individual to devote their proper time to real life activities such as work, school, or maintaining relationships with family and friends.

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. 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.

However, excessive use may not be considered addictive unless it is compulsive; for example, one may spend long hours on Facebook for the purposes of work without being addicted. Because Facebook is currently the most popular social networking site, and empirical studies of Facebook use outweigh studies of other social networking sites, the present review focuses on the emerging problem of Facebook addiction.

Facebook is completely a communication tool for users. Unfortunately that the tool is used excessively, consuming time and money and effects mental health. Recent studies around the world based on youngsters found that the usage of Facebook made Behavioural Addictions and impacts on their academic performance and working performance.

The sudden excessive use of Facebook has opened the gateway to Facebook addiction as a psychological disorder that is mostly found in adolescents. Addiction to social networks on the Internet may be a potential mental health problem for some users (Daria & Mark, 2011), the excessive Facebook usage has been found harmful to psychological and social well-being of individuals and their personality (Harzadin, 2012).

Another study found that the Adolescents who were addicted to Facebook showed poor study habits and got lower grades in their exams (Shivani, Sona, & Sharma, 2017). Moreover, recent study based in Sri Lanka accused that the Facebook ruins the academic life of university students. (Thuseethan, & Kuhanesan, 2014)

The above literatures show that the youngsters are affected by Facebook book addiction disorder. No adequate studies carried out on the school teachers in the usage of Facebook. The Teachers' performance also related with the academic performance of schools, we need to investigate the usage of Facebook and its effect on the academic performance and daily routine life of the school teachers'

Objectives

The main objective of this research is to investigate Facebook usage, Features used, Facebook dependency and Facebook related mental health problems, this study is aimed following objectives:

1. To find out the Facebook usage of the school teachers
2. To find out the Facebook features used most by the school teachers
3. To investigate the Facebook dependency and mental health issues related to the Facebook Addiction tendencies

Methodology

To achieve the above objectives, a mixed research method carried out by the researcher. This study consists qualitative data and quantitative data. The researcher selected 40 teachers from the Puttalam Educational Zone by Purposive sampling technique. The teachers were asked to rate the 5 point likert scale questionnaire and answer the interview questions. Bergen Facebook Addiction Scale based questionnaire was the main instrument of data collection from Teachers. A self-developed interview schedule was used to collect additional data about the problem. The interview data was analyzed with content analysis method. One way ANOVA and Mean comparison methods were used for analyse the questionnaire with SPSS Ver. 18 software.

Results

The analysis of data was carried out according to the objectives of the research by the researcher. This study mainly focuses on investigation of Facebook usage, Facebook dependency and Facebook related mental health problems of Puttalam district Tamil Medium Teachers'. The findings are presented in line with the three research questions.

The Facebook usage of the school teachers

40 questionnaire were issued to the seminar participated teachers of Puttalam district Tamil Medium Teachers. Five of them (12.5%) answered as they never used the Facebook in their life. Even they do not have smart phones, just using normal phones. 35 of the teachers (87.5%) answered as they use Facebook within three months. The usage of the Facebook according the gender was male 13 and female 22 out of 35 participants. And the usage of Facebook is among age 26- 30 was the highest age group. It shows the young teachers' usage of Facebook is greater than others.

Facebook features used most by the school teachers

Analysis of the data shows that 74% of teachers use Facebook to read messages and news of news pages. And 62.8% users click on like button for the posts of their Facebook friends. When someone posts interesting news, photos, videos and messages they click on the like button or use emoji to express their feelings. 45.7% used to personal chatting and 40.0% use on posting the photos on

their walls. This interesting data shows that the most Facebook features were used by the school teachers.

The mental health issues related to the Facebook dependency

The study revealed that the 20% of school teachers were shown with Facebook addiction tendency. They often think about Facebook for communication and thought about better scheduling their time to use Facebook. Especially the young male teachers were shown their desire to be online more often. And their answers from the interview they said that they feel restlessness but as they need to do something for pass the time they use the mobile phones to be online in Facebook. Also they their ratings show that they give less priority to hobbies, leisure activities and physical activity by Facebook. Sometimes they faced negative impacts on their job by usage of Facebook over nights. A young teacher age 25 who was not married yet, said that he usually go to bed at 10.30 pm, But he could sleep after 12 am. He had little bit of sleepy mood and sometimes he felt headache and eye itching.

Conclusions

According to the findings of this study most of the survey respondents could be considered as Facebook users. The young teachers' usage of Facebook is greater than others. And male teachers are more active than female teachers. There was a significant relationship found Male teachers Facebook dependency of Spend a lot of time thinking about Facebook or planning how to use it.

Moreover, the finding revealed that the 20% of school teachers were shown with Facebook addiction tendency. They often think about Facebook and desire to be online more often. They feel restlessness, Use the Facebook to pass the time and give less priority to hobbies, leisure activities and physical activities. As a results of addictive Facebook behavior they face physical problems such as headache, eye itching as well as mental problems such as sleeping problems and anxiety. Also they faced negative impacts on their job.

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