

Prevalence of Facebook Addiction among Students of Medical College-Babylon University

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Abstract:

Background: Facebook is one of most widely used social media sites. Addiction occurs when person uses Facebook in excessive way. Facebook addiction has negative impact on human productivity and academic performance.

Subjects and method: The study was a cross-sectional study conducted to determine the prevalence of Facebook addiction using Bergen Facebook Addiction Scale. This study was carried out at College of medicine - Babylon University. Study duration extend from the first of March 2015 to end of April 2015.

Results: Mean age of students was (20.82 ± 1.73). Prevalence of Facebook addiction was (13%). There was significant association between Facebook addiction and number of hours spends daily using Facebook. Study reflects significant association between Facebook addiction and Student's result.

Conclusion: Prevalence of Facebook addiction was high in Babylon medical college. Facebook addict students were younger than those without Facebook addiction. Facebook addict or possibly addict spend three or more hours on Facebook. Facebook addiction has a negative impact on academic performance.

Key words: Babylon University, Facebook addiction, Medical students.

Introduction:

Social media sites defined as “web-based systems that help persons to connect in electronic way with others of same interests and to make their connections public to other persons.” Studies found that about two third of adults using Internet are on social media, and social media regard as fourth most common Internet activity^[1].

Facebook regard as one of the most widely used social media site, Facebook provide people the ability to share news, photos, and video and make the world more open and connected^[2].

This new method of communication find high acceptance among students and (85% to 96%) of students adopt this method^[3]. Later on, other universities students use Facebook and that method become a public domain in 2006^[4]. Then Facebook become more popular and in 2007, reach more than 21 million active users and generating 1.6 billion page views each day^[4].

A study in 2011, show that half to two third of teenagers and young adults use Facebook on regular basis^[5].

Facebook is basically used to share thoughts, photos and to communicate with friends and family members, and this make it very popular to university students^[6,7,8].

“Facebook addiction” is similar to the habitual patterns of behavior associated with activities like gambling, shopping and Internet addiction^[9].

Use Facebook in excessive way has been found to harm psychological and social well-being of individuals and their personality, Larkshmi found that the personal life is truly affected when person was addict on Facebook as a result of uncontrolled behavior regarding Facebook using^[10].

Many studies show that Facebook addiction has negative impact on human productivity^[11,12].

The study aims to determine the prevalence of Facebook addition using Bergen Facebook

Addiction Scale and to find the association between Facebook addition and study variables including (age, gender, residence, marital status, study level, student's result and characteristics of Facebook using) among medical college students.

Materials and methods:

Study design:

The study was a cross-sectional study. Study extends from the first of March 2015 to end of April 2015.

Setting:

This study was carried out at College of medicine - Babylon University. Out of 1001 students in our college, 177 students were included randomly from all academic levels in the study and data was collected using a specially designed questionnaire.

Population and study group:

Students of Medical College - Babylon University were regarded as the study population. One hundred Seventy seven students had been included in the survey and data was collected using a specially designed questionnaire.

Ethical approval:

The purpose and method of the study were explained to students before beginning and verbal consent of participation was taken.

Scientific Committee of Community Medicine department and Research Ethical Committee of Medical College-Babylon University were approved this study.

Data Collection:

Data was collected from all the eligible students who had given consent to participate by a questionnaire form which was prepared to collect information.

Data collection was done by group of medical college students. Questionnaire form consists of two parts. The first one including the socio-demographic variables including (age, gender, residence, marital status, study level), characteristics of Facebook

using including (number of hours spend on Facebook, student idea about Facebook and aim of Facebook using) and student's result including (fail in more than one subject; fail in only one and success in all subjects in same academic year). The second part including Bergen Facebook Addiction Scale with six questions used to assess Facebook addiction. The scale reflects the core elements of addiction such as salience, mood modification, tolerance, withdrawal, conflict, and relapse. Andraessen and colleagues finalized the BFAS to six basic criteria, with participants asked to give one of the following 5 responses to each one: (1) Very rarely, (2) Rarely, (3) Sometimes, (4) Often, and (5) Very often [15].

According to BFAS scoring of often or very often in at least four of six questions suggest Facebook addiction [2].

Online BFAS also available and give exact score by introduce student's answers and score was obtained (0-10 normal person, 11-14 possibly addict and 15 and more addict). Study depends on online BFAS to find exact score and to classify results.

Data Analysis

Statistical analysis was carried out using SPSS version 17. Categorical variables were presented as frequencies and percentages. Continuous variables were presented as (Means \pm SD). Student t-test was used to compare means between two groups. Pearson's chi square (X^2) and Fisher-exact test were used to find the association between categorical variables. A p-value of ≤ 0.05 was considered as significant.

Results:

Figure 1 shows the distribution of medical college students according to study level. Majority 27.7% of them were from fourth stage.

Figure 2 shows the distribution of students according to number of hours spend using Facebook.

Only 7.9% of them spend more than 6 hours using Facebook.

Figure 3 shows the distribution of students according to aim of Facebook use. Majority 36.7% of them used Facebook for communication with friends.

Figure 4 shows the distribution of medical college students according to Bergen Facebook Addiction Scale. Only 13.0% of them were Facebook addict.

Table 1 distribution of study group according to mean age and level of addiction. There were significant differences between means of age for both study groups. ($P= 0.037$)

Table 2 shows the association between Facebook addition and study variables including (gender, residence, marital status and grade of study). There was significant association between Facebook addition and grade of study, while there was no significant association between Facebook addition and other study variables.

Table 3 shows the association between Facebook addition and characteristics of Facebook using including (number of hours spend on Facebook daily and aim of Facebook use). There was significant association between Facebook addition and number of hours spends on Facebook daily, while there was no significant association between Facebook addition and aim of use. ($P= <0.001$, $P=0.176$).

Table 4 shows the association between Facebook addition and student's results. There was significant association between Facebook addition and student's results, 38.8% of Facebook addict students were fail in one or more than one subject, while only 25.5% of normal persons were present in that situation.

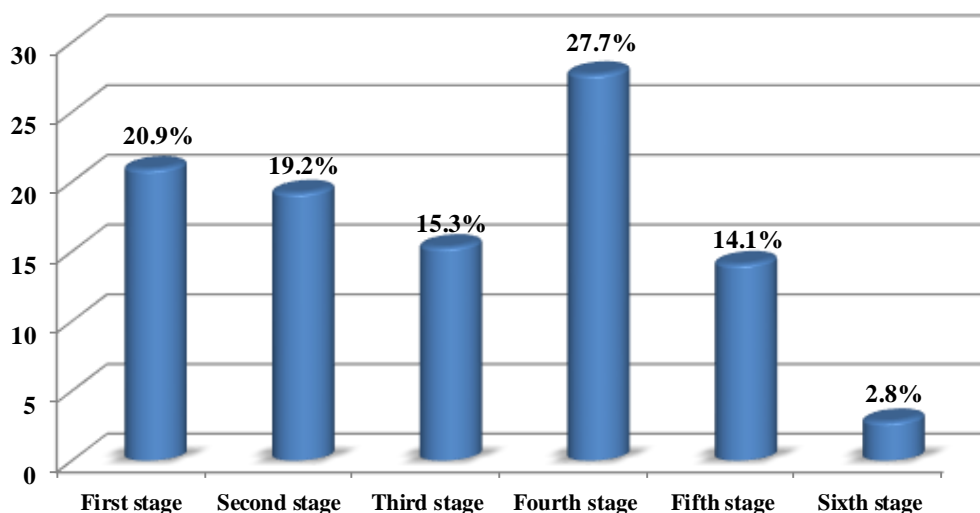


Figure 1: Distribution of study group according to study level

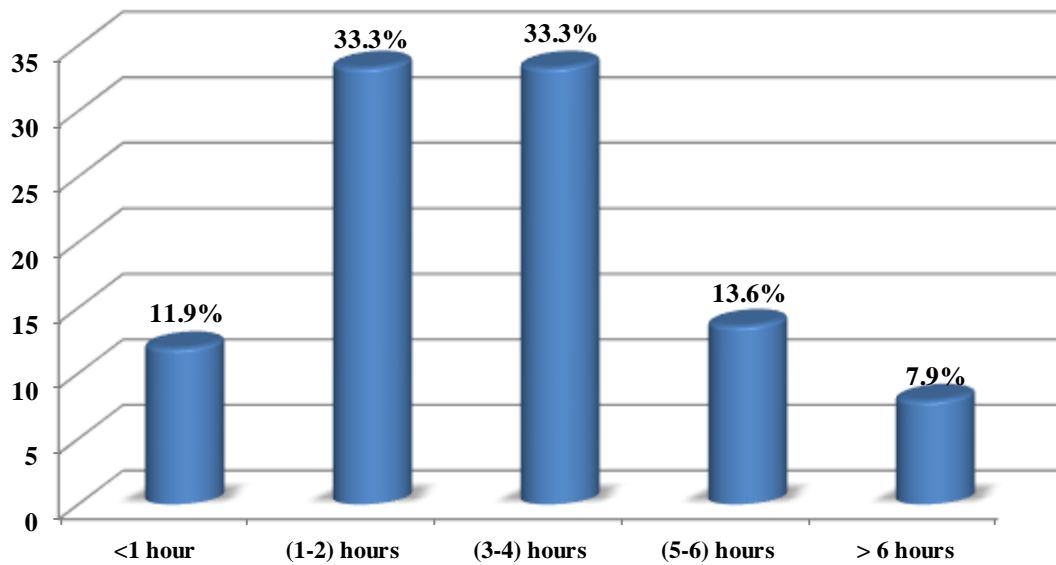


Figure 2: Distribution of study group according to number of hours spend on Facebook

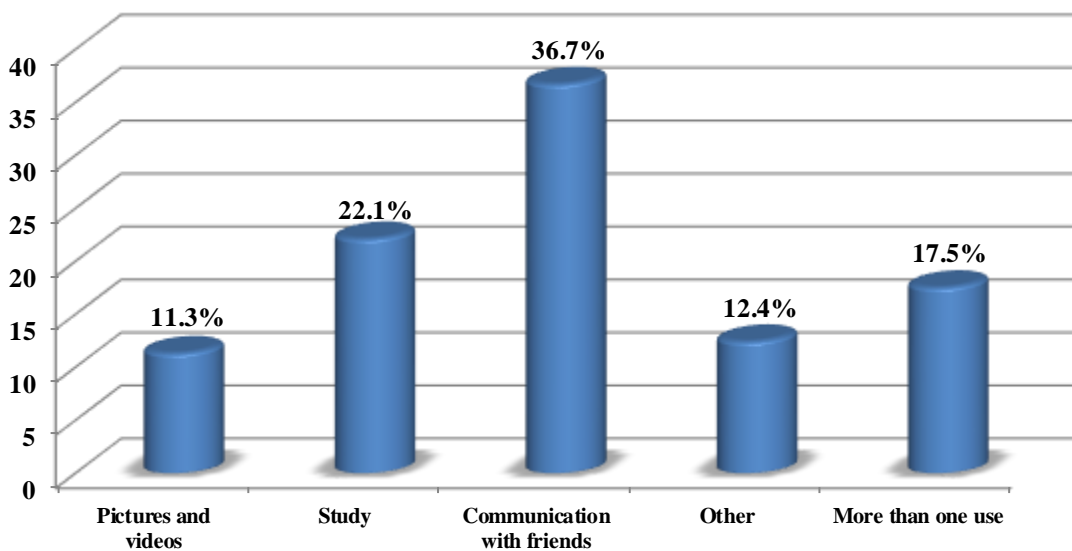


Figure 3: Distribution of study group according to aim of Facebook use

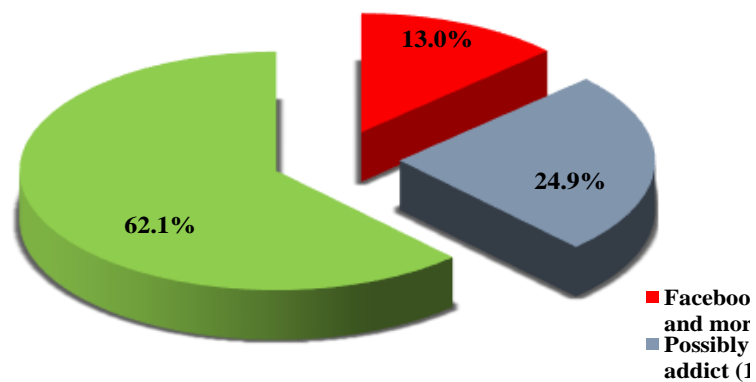


Figure 4: Distribution of study group according to rate of Facebook addition

Table 1: Distribution of study group according to age and level of addiction

Variable	Categories	N	Mean \pm S.D	t-test	df	P value
Age (years)	Facebook addict or possibly addict	67	20.47 \pm 1.76	-2.103	175	0.037*
	Normal student	110	21.03 \pm 1.68			

*p value \leq 0.05 was significant, **p value \leq 0.01 was significant.

Table 2: Association between Facebook addition and gender, residence, marital status and grade of study

Variables	Facebook addict or possibly addict	Normal student	χ^2	P-value
Gender				
Male	21 (31.3)	45 (40.9)	1.629	0.202
Female	46 (68.7)	65 (59.1)		
Residence				
Urban	57 (85.1)	102 (92.7)	2.669	0.102
Rural	10 (14.9)	8 (7.3)		
Marital status				
Single	67 (100.0)	108 (98.2)		0.527 ^a
Married	0 (0.0)	2 (1.8)		
Grade of study				
First, second and third grades	44 (65.7)	54 (49.1)	4.63	0.031*
Fourth, fifth and sixth grades	23 (34.3)	56 (50.9)		

*p value \leq 0.05 was significant. a: Fisher-exact test.

Table 3: Association between Facebook addition and number of hours using Facebook and aim of use

Variables	Facebook addict or possibly addict	Normal student	χ^2	P-value
Number of hours				
\geq 3 hours	51 (76.1)	46 (41.8)	19.779	<0.001**
< 3 hours	16 (23.9)	64 (58.2)		
Aim of use				
Photo and videos	6 (9.0)	14 (12.7)	6.33	0.176
Study	14 (20.9)	25 (22.7)		
Communicate with friends	30 (44.8)	35 (31.8)		
Other use	4 (6.0)	18 (16.4)		
More than one of above use	13 (19.3)	18 (16.4)		

*p value \leq 0.05 was significant, **p value \leq 0.01 was significant.

Table 4: Association between Facebook addition and academic performance

Variables	Facebook addict or possibly addict	Normal student	χ^2	P-value
Student's results				
Fail in more than one subject	17 (25.4)	11 (10.0)	7.405	0.025*
Fail in only one subject	9 (13.4)	17 (15.5)		
Success in all subjects	41 (61.2)	82 (74.5)		

*p value \leq 0.05 was significant, **p value \leq 0.01 was significant.

Discussion:

Communicate with friends represent the most common aim of Facebook use among students in our study which represent 36.7% this similar to study done among selected Nigerian-university undergraduates and study done in Malaysia which found that chatting and stay in touch with friends represents the highest percentage^[13,10,14].

A study was done in Malaysian universities found that female students use Facebook more than male especially at aged (18-24) years old^[9]. The rate of Facebook addition in our study was 13% and prevalence of those with risky behavior was 24.9% and this results was nearly similar to other study done in India in which prevalence of Facebook addition was 7.2% and prevalence of those with risky behavior was 24.7%^[2], and this more than prevalence in other study 1.6% Nigeria^[10], this can be explained by sample size difference.

Regarding age our study was found that there were significant differences in mean of age between addict or possibly addict students and those normal person, we found those addict or those with risky behavior were younger than those normal, this agree with Andreassen conclusion about Facebook addiction to be more likely among younger than older users^[15]. Our study found that among those with addiction or with risky behavior 68.7% was female, this agrees with results of Andreassen that female are more likely to develop Facebook addiction^[15].

In our study there was significant association between Facebook addition and number of hours spends daily on using Facebook. Our study found 76% of those addict or with risky behavior spend three hours or more on Facebook, this was reached by study done in Kuwait in which association between Facebook addition and time spend using Facebook was found^[16].

Regarding academic performance our study reflect significant association between Facebook addition and student's result, 38.8% of those addict or with risky behavior had poor academic performance, these results is similar to results of other study done in Kuwait^[16], which indicates that individuals showing signs of Facebook addiction will have a lower academic performance than those who do not addict. This can be explained by excessive using of Facebook result in time displacement meaning the time spent using social media displaces the time usually uses for study. Facebook addiction usually interferes with

whole life activities in addition to academic performance.

Conclusion:

Prevalence of Facebook addiction was 13%. Age of those Facebook addict were younger than those normal persons. Facebook Addict spends three or more hours on Facebook. Individuals showing signs of Facebook addiction will have a lower academic performance.

Recommendation:

1. University should develop education programs and special plans to deal with Facebook addiction.
2. Home monitoring for students should be applied by parents.
3. Further studies were needed in other college.

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