

# ASSESSMENT AND ANALYSIS OF THE RELATIONSHIP BETWEEN FACEBOOK ADDICTION AND FAMILY PATHOLOGY

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**Abstract:** Facebook addiction is one of the major causes of depression and stress among youngsters these days. Not just Facebook, any type of social media addiction is sufficient to push the young adults into maladaptive behaviour patterns and psychological issues. This study aims at assessing and analyzing the impact of Facebook Addiction on family relationships. The study also focuses on how there arises interpersonal relationship issues when the youngsters are too much into Facebook. A sample of 250 young adults ranging between 20-25 years of age were included for the study. Family pathology Scale and Bergen Facebook Addiction Scale were used to collect data. Correlation analysis was done to find the relationship between Facebook addiction and family psychopathy. The results of the study prove that Facebook addiction has a negative impact on the interpersonal relationships of the person. This, in particular, reflected on the relationship with other family members.

**Index Terms:** Young adults, Facebook, Family pathology, Interpersonal relationships.

## Introduction:

### The concept of Facebook Addiction:

Facebook is the leading social website that has been used by many people around the world. The users keep on increasing every year in spite of other newly launched social networking applications like Whatsapp, Instagram etc. According to 2018 statistics, it was predicted that there are 112 million Facebook users among which 91 million people are active users who are always logged in mobile. A recent report reveals that 47% of Facebook users fall between 18-24 years of age. Next comes 25-34 years who form 29% of Facebook users in India. Among different age groups, males constitute 71% and females constitute 29% of the total Facebook users of India (Schou Andreassen, C., & Pallesen, S. 2014)

### Family Pathology:

The family is the primary social unit. Family pathology is the deviation and deficiencies of regular family functions. Any discrepancies in the interaction of family members gives rise to many other problems in children. If the family pathology is resolved initially, it would help for a better and nurtured family.

### Need for the study

The psychological problems of Facebook addiction in developed countries is well understood. In Indian context, research on Facebook addiction is of recent origin. Keeping in view of the above, the present study investigates the relationship between Facebook addiction and the impact it has on family relationships leading to family pathology.

### Review of literature:

Agata Blachnio, Aneta Przepiorka, Igor Pantic (2016) conducted a cross sectional study on 381 Facebook users. The aim of the study was to study the relationship between Facebook addiction, self-esteem and life satisfaction. With k-means cluster analysis, the sample has been divided into 3 groups: ordinary, intensive, and addicted Facebook users. The results of the study show that ordinary Facebook users differ statistically in self-esteem and life satisfaction from both addicted and intensive users. Facebook addiction was positively related to lower self-esteem and negatively related to life satisfaction.

Charumathi Sridharan (2018) conducted a study on Facebook addiction, loneliness and psychological well-being among college students. The aim of the study was to assess the level of Facebook addiction, loneliness and psychological well-being among college students. The sample includes 60 students (30 males and 30 females). The tools employed were Facebook Addiction Scale by Bergen, UCLA Loneliness scale by Russell, Peplau and Psychological Well-being scale by Ryff. The correlation analysis revealed that there is a significant negative relationship between Facebook addiction and well-being, between Facebook addiction and loneliness and between loneliness and well-being. The result revealed that 52.5% of Facebook usage contributed to lowered psychological well-being among college students.

Dr. Antara Ghosh and Pramita Chakraborty (2017) conducted a study on the effect of family pathology on behavioural and emotional problems of children. The maladaptive behaviour in family makes children feel confused and gives rise to many problems. This data was collected from 120 children aged between 9 – 12 years using Family Pathology Scale and Problem Behaviour Checklist developed by Dr. Vimala Veeraraghavan and Dr. Archana Dogra. This study reveals that moderate pathological problems results in behaviour and emotional problems of children.

### Methodology:

**Objective:** The objective of the study is to find out the impact of Facebook Addiction on family relationships leading to family pathology.

**Sample:** The sample included 250 young adults who were either pursuing their studies from various colleges or were employed or entrepreneurs. Snowball sampling method was used to collect data.

**Tools used:** The Bergen Facebook Addiction Scale (BFAS) (Andreassen et.al., 2012): The scale developed by Andreassen, et al., was used to measure Facebook addiction. It comprises 18 items (e.g., “Used Facebook to reduce feelings of guilt, anxiety, helplessness, and depression”) rated on a 5-point Likert scale (1 = very rarely, 5 = very often). The total score can range from 18 to 90. The Cronbach’s  $\alpha$  coefficient of the original BFAS was .83 and test retest reliability coefficient was .82.

Family pathology scale developed by Dr. Vimala Veeraraghavan and Dr. Archana Dogra having 42 statements. The family pathology scale was developed by Vimala Veeraraghavan and Archana Dogra. The family pathology scale indicates the extent to which maladaptive behaviour is present amongst the family members in their interaction with each other that is between spouses and between parents and children. There are 42 items in the scale to be responded by the subject with ‘most often’, ‘occasionally’ and ‘never’. That indicates scoring as 3 for ‘most often’, 2 for ‘occasionally’ and 1 for ‘never’. The scale has good reliability and validity.

**Methodology:** Statistical methods were used to find out the correlation analysis between Facebook addiction and family pathology among young adults who were between the age group of 20-25 years. They were either students or employees at various organizations. Some were in search of jobs while a few were entrepreneurs. 250 young adults were selected as sample for the study using Snowball Sampling method. The tools were administered to the sample and the data was collected following all ethical standards.

### Results:

The results of the study have been tabulated below. It clearly depicts the presence of a positive correlation between Facebook addiction and family pathology.

**Table I shows the correlation between Facebook addiction and family pathology among young adults.**

Variables	Correlation
Facebook Addiction	0.63
Family Pathology	

### Discussion:

The above table shows that there is a positive correlation between Facebook addiction and family pathology. The young adults who were identified to have Facebook addiction are found to have difficulties maintaining a happy normal interpersonal relation with those around them, especially the family members. They were found to have mood swings and emotions that were affected by their social networking statuses. They had adjustment issues and difficulties in trusting the real people around them. Facebook addiction draws them into a fantasy world of appreciations and likes and expressions of love. They find it difficult to accept the normalcy of life. This results in inter personal relationship issues. The intensity of family pathology depends on the intensity and severity of the level of Facebook addiction found in the person.

### Conclusion:

The above study clearly depicts the impact of Facebook addiction on family pathology. Facebook although a very popular social networking site, might contribute to family pathology when the level of usage goes beyond the normal level and starts affecting the normal functioning of the individual in the other spheres of life like career, family relationships and social life.

### Suggestions:

This study has laid the basis for highlighting the impact social networking sites create on its users. Facebook has been the area of study. Its impact and contribution to family pathology is highly alarming. Similarly, studies can be done on the other sites like whatsapp, instagram, etc that have an equally high impact on its users. Those studies can help create an awareness among people so that they will be able to channelize their lives constructively.

### Limitations:

1. Only one social networking site has been included for the study. It would have been more beneficial if other sites and their impacts are also studied.

2. Only young adults have been included in the study. Although only young adults use it widely, adolescents also are found to use it a lot these days. This sample has also to be studied because, if they get addicted as adolescents, they face greater impacts when they grow up.

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