DESOLATE THROUGH FACEBOOK ADDICTION AMONG THE FACE BOOK APPLICATION HOLDERS

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ABSTRACT

Many people, however, are simply addicted to their past. They're using Facebook to reconnect with old classmates, former lovers, and other people they haven't talked to in years. They want to know what ever happened to "so and so," who ended up marrying who, and what that person they once loved ended up doing in life. There's something comforting and soothing about it.

The present study investigates an innovative model of the phenomenon Facebook addiction, focused on (psychological) loneliness, gender, marital status and Facebook usage types. This study, performed with an online survey among 260 respondents in the Tamilnadu showed that psychological variables have direct and indirect effects on Facebook addiction. Desolate is a strong predictor of Facebook addiction just as the construct of Facebook addiction. For desolate we found indirect negative effects, while gender resulted in positive direct effects.

Keywords: Facebook addiction, Facebook usage, desolate,

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INTRODUCTION:

The internet has been a wonderful thing, enabling information sharing and a host of other activities to effortlessly take place. However, like all good things, the internet has a downside one that can ruin lives and destroy families. It's called Internet Addiction. Some psychologists have identified and classified sub categories of internet addiction one of which is Facebook Addiction Disorder.

Facebook is the most recent and largest social networking site ranks among the top five websites in the world. This popularity thus led to Facebook being a significant research topic. Facebook has induced social anxieties and pressures, as a notable number of people check Facebook even before getting out of bed. On the basis of several research findings on Facebook, it has been found that it's having a great impact on the lives of young people.

Facebook addiction is not a serious problem as drug and alcohol addiction is, but its overuse produces tolerance and withdrawal symptoms. Facebook addiction is spending an excessive amount of time on Facebook to such an extent that it interferons life and important activities. There is a likelihood that heavy Facebook use can steer to mental illness such as depression and anxiety.

Loneliness is a universally common experience. Most people are probably going to have a significant experience of loneliness at some point in their lives. There is a positive and opposite both the relationship between the Facebook addiction and desolate. On one hand, the more people use the Facebook, the lonelier they feel. On the other hand, lonely people tend to use Facebook and other such sites to spend the quality time. So it's harder to decide that "connectedness" is helpful or harmful. People tend to spend so many hours on Facebook which keep them away from making real connections through face to face contact with people around them , indulging in daily activities hence develop loneliness, lessened concentration, poor work , lower Achievements in their works.

The Facebook operates in such a great speed that it makes the users obtain new information in a more efficient way that may in turn help to improve the knowledge in all the fields. Therefore, many researchers have begun to study that why many peoples are use Facebook, how its use influences and how it affects their daily life and what the peoples are think about it.

REVIEW OF RELATED LITERATURE

Turgut Karakose, Ramazan Yirci (2014) was Conduted in order to "Analyze the Relationship between High School Students' Facebook Addiction and Loneliness Status". Their study was conducted with the relational screening model. The sample of the study consists of 712 randomly selected high school students. The data was collected using the Bergen Facebook Addiction Scale (BFAS) to analyze the students' Facebook tendencies and with the UCLA Loneliness Scale to analyze the students' levels of loneliness. Data was analyzed with descriptive statistic instruments along with t-test, ANOVA test, LSD test, and Correlation Analysis. Research findings suggest that the Facebook addiction levels of the high school students in the sample are rather low. Analyses conducted regarding the gender variable indicate that there is no relationship between Facebook addiction levels and the time spent on Facebook. Findings show that students most commonly share photographs and videos. This suggests that students use Facebook as a leisure pastime. The analyses indicate that there is a statistical significant relationship between the time participants spend on Facebook and their Facebook addiction scores.

OBJECTIVE OF THE STUDY

The objectives of the present study are stated below:

1. To understand the Facebook addiction
2. To findout Desolate through Facebook app.
3. To estimate the effect of Facebook addiction on Desolate through Facebook App holders.

RESEARCH DESIGN

Research Design for Facebook Addiction and Loneliness among Internet users

Nature of the Study	Variables	Tools	Samlples	Types of Analysis	Statistical Test
Survey method	Facebook Addiction Desolate	Questionnaire 1(Facebook App Addiction test) 2.Questionnaire (Desolate test)	Facebook App holders	Quantitative analysis	t-test Correlation

Method of study:

The method of study adopted by the investigator for the present study is online survey method. The survey method to is one of the most commonly used approache. It is followed in studying local as well as state national and international aspects of education. It goes beyond more gathering and tabulation of data.

There is no straight forward way of finding out what people think, feel and do than by asking them directing. For this reason surveys represent an important research method. It involves interpretation, classification, elevation and application towards a proper understanding and solution of the problems.

Data collection procedure:

Facebook Addiction questionnaire consisted Likert scale of 5point on a continuum ranging from Always,Very often, Sometimes, Rarely and Never. 18 items are constructed in this questionnaire.

Desolate questionnaire consisted Likert scale of 5point on a continuum ranging from Always,Very often, Sometimes, Rarely and Never. 18 items are constructed in this questionnaire. The data were collected by means of online survey 26th march 2017. To create a representative sample the online questionnaire was uploaded within the facebook users.

Reliability of the tool:

The method of reliability adopted here was test – retest method and the tool was found to be reliable and the reliability Co- Efficient is found .91 for Facebook addiction and .94 for Desolate which is already a standerdized tool. Based on their convenience the questionnaire were translated in Tamil and uploaded in the bacebook account of the researcher.

Sampling:

Survey method is adopted by the investigator. The size of the sample is 260 online users.The investigator selected the online users from Facebook.

Administration of the Tool:

After preparation of the tool, the investigator were collected data from the facebook users and scored according to the keys prepared by the investigator.

LIMITATIONS:

The study is focused on facebook App users only.

STATISTICAL TECHNIQUES:

The data were analyzed by the investigator and standard statistical methods were used for computing the required statistical measures. All calculations were done manually considering its simplicity of computation and peculiarity of the requirement.

Table 1: There is no significant difference between Male and Female Facebook App users with respect to their facebook addiction.

Variable	Gender	Size	Mean	Standard Deviation	't' Value	Significant Level
Facebook Addiction	Male	235	54.72	11.498	4.913	0.01
	Female	25	45.65	14.470		

Since the calculated 't' value is significant at 0.01 level, the null hypothesis is rejected at 1% level of significance. Hence there is significant difference between Male and Female facebook app users with respect to their Facebook Addiction. It is considered that most people turn to facebook and other social media and they believe that it will help them to get out of family issues, work tensions and stress. Men being less expressive and unlikely to share their stress emotion likely to suffer from facebook addiction than Women. The availability of affordable smart phones and easy access to internet has increased the chances of facebook addiction among them. Fear of privacy and confidentiality is actually playing crucial role in keeping Women away from facebook addiction.

Table 2: There is no significant difference between Male and Female Facebook App users with respect to their Desolate.

Variable	Gender	Size	Mean	Standard Deviation	't'	Significant Level
Desolate	Male	235	46.12	14.646	2.290	0.05
	Female	25	49.86	13.052		

Since the calculated 't' value is significant at 0.05level, the null hypothesis is rejected at 5% level of significance .Hence there is significant difference between Male and Female Facebook App users with respect to their Desolate.

Unlike Women after certain age Men were not given the attention they were expected from the family members and most of the time they feel alone. They find themselves using facebook to get them out of drsolate and eventually get addicted.

Table 3 : There is no significant difference between Married and Unmarried Facebook App users with respect to their Desolate.

Variable	Marital Status	Size	Mean	Standard Deviation	't'	Significant Level
Desolate	Married	109	75.3761	20.57542	3.876	.001
	Unmarried	151	64.7351	22.71584		

Since the calculated 't' value is significant at 0.01 level, the null hypothesis is rejected.Hence there is significant difference between Married and Unmarried facebook app users with respect to their desolate. married/Unmarried person spends more time in facebook compared to married due to less commitment and end up spending most of their free time in social media where as the later end up spending most of the time in family commiments, planning towards the betterment of his family living standards, taking care of household works , sorting family issue making them impossible to spend time in facebook.

Corrrelation of Coefficient

Variables	Correlation Coefficient	LOS
Facebook Addiction and Desolate	.451	.000

The above table shows that the Pearson correlation between Facebook App Addiction and Desolate is 0.451 which shows that the positive correlation between Facebook Addiction and Desolate that there was a strong correlation between Facebook app addiction and Desolate. Whereas the p-value is 0.000 between the two which is lesser than 0.025, shows that there is a significant relationship between Facebook app Addiction and Desolate. Therefore, in our study Facebook addiction is playing a significantly huge role in causing Desolate.

EDUCATIONAL IMPLICATIONS

Facebook app is initially created in the intension of searching the missed friends and relatives but the purpose is collapsed after it was used for other purposes rather than what for it was created. There is new problems and embarrassments are created by the unknown friends who are added as friends in the contact list in various ways.

The school students are mostly affected and addicted to the Facebook app.If they are in joint family they can be monitored by the parents or by grant parents. If they are nuclear family it is very difficult to watch the childrens and their hobbies. This means will consume their precious time and it affect their studies,parents drems and the students aims are being shattered.

Hence parents should monitor and to be give proper guidence to their childrens. If necessary they should be given proper counseling. It will hep the students to get rid of the Facebook app Addiction. More over they can be educated properly how to utilize the facebook for the possitive aspects.

If the students are channelized in a right direction, it will drive them in to the right path and to accelerate them to concentrate their studies. This will help the ssurely make themto achieve their goals and to rise up to the expectations of their parents and teachers.

SUGGESTION FOR THE FURTHER STUDY:

The investigator has suggested certain important areas for further researchers to be undertaken by future researchers from the study.

- Similar study can be conducted along with the Twitter and other social media users
- Further studies can be done to find out the causes of social media addiction

CONCLUSION :

Instance the finding that family and social Desolate predict less passive use, suggesting that usage becomes more active to reduce the involved Desolate. For Desolate people are think and get a solution to create and manage relations and friendships. For them it would be difficult to establish these relations without Facebook.The New generation believes that facebook is helping them to get away from loneliness but it stays as myth.With the massive growth of internet, email, text messages and social media connecting with friends and acquaintances has been made lot easier and convenient but with the cost of reduced human interaction that everyone needs for a happy and healthy social life. The goal is not the extinguish the technology and social media from your life which is impossible in today's era. However limited and need based usage of technological communication tools will help in rejuvenating the real human connection than impeding it. The internet, Facebook, email, text messages, and IMOs have made connecting with both friends and strangers easier, these tools have also taken away the human interaction we all need to live a happy and healthy life. Therefore, the goal is not to eliminate technology from your life, as that would be impossible in today's era. However, you can limit your internet use and use the technological communication tools in a healthy way - one that contributes to real human connection rather than impedes on it.

The people who become nervous and get worried to miss out everything without Facebook, are potentially more Facebook addicted. To prevent that the youngest generation becomes addicted, parents, schools and communities are important for pointing out the risks of social network sites which may change online behavior in the future. For individuals that are addicted it is important to provide instructions to addicting institutions what Facebook addiction is and where it is originated to understand and treat the problem.

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