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EFFECTS OF ANXIETY ON WELL-BEING OF FACEBOOK USERS' YOUTH: AN EMPIRICAL STUDY

¹Hemlata Kumari and ²Md Intekhabur Rahman

¹Research Scholar and ²Professor of Psychology
^{1&2}University Post Graduate Department of Psychology
North Campus of B. N. Mandal University
Sabailajhat, Singheshwar, Madhepura, Bihar, India

ABSTRACT

The digital landscape has put increased pressure on youths today. There are so many social media channels: Facebook, Twitter, Instagram, Snapchat, Tumblr, WhatsApp, Imo and so on. It is becoming more and more obvious how the pressures of social media disproportionately affect youths. Academics and Psychology researchers have also become interested in this topic as many studies exploring the effects of anxiety on the well-being of Facebook users' youth. Few studies have paid attention to the impact of Facebook on individual well-being. The originality of our study is to examine the effects between the usage of Facebook and individual anxiety on their well-being by using a representative sample of 500 Indian youth Facebook users. It is clear from the present findings that anxiety affects the well-being of boys' youth who are addicted of Facebook.

Key Words: Cyberpsychology, Social Media, Social Networking Sites, Facebook, Anxiety, Well-Being.

INTRODUCTION

There has been a growing concern over the past couple of decades regarding the link between social media use and different psychological issues related with youth. Although research findings identify a connection between increased social media use in the young adult population and increased psychological problems in the same population, it is unclear how social media use may be associated with these changes. This continuous social media usage might stem from increased mobile usage of social networking sites. As smartphones and tablets increase in popularity, many social media users rely on their mobile apps to access their favourite sites. In the last year, 300 million Facebook users were mobile-only users (DeSilver, 2014).

Although social media is accessible to nearly anyone, young adults are the most active users. Smith (2011) found that 84% of 18-19 years olds are on Facebook, more than any other age group. Given that social media is becoming increasingly prominent in young adults' lives, it is important to understand how this usage may affect the well-being of youths.

Over the past few decades, the widespread phenomenon of Internet abuse has gained attention from the public, academia, and the media. Researchers and educators have devoted considerable effort in attempting to understand the influence of online communication on people's psychological well-being. This study focuses specifically on Facebook, and proposes a research model to explore the effects of anxiety on the well-being of Facebook users' youth.

Well-being requires harmony between mind and body. It implies a sense of balance and ease with the pressures in a person's life. There is no under-stimulation and no excessive negative stress; above all, there is a sense of control over one's destiny.

Anxiety is experienced by every individual at some point or other in his/her life. In everyday contexts, anxiety is a term used to describe uncomfortable and unpleasant feelings that an individual experiences when in stressful or fearful situations. Anxiety can stem from numerous things. However, most often it is a product of stress. In the case of college students, stress-built anxiety has become the most popular rationale for seeking help.

REVIEW OF LITERATURE

The digital landscape has put increased pressure on youths today. There are so many social media channels: Facebook, Twitter, Instagram, Snapchat, Tumblr, WhatsApp, Imo and so on. It is becoming more and more obvious how the pressures of social media disproportionately affect youths. Academics and Psychology researchers have also become interested in this topic as many studies exploring the effects of anxiety on the well-being of Facebook users' youth.

The Center for Disease Control (CDC) presents a broad definition of wellbeing as "what people think and feel about their lives", including qualitative interpretations of their relationships, mental fragility, and their experience of emotions, with all of these rolling into a view of life satisfaction (2018). While the CDC states there is no one metric for wellbeing, they cite three major dependencies: health, social relationships, and access to resources (2018). The downside associated with Facebook's strategy to



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reduce social costs has been heavily researched in recent times. Researchers have largely focused on three categories to explore Facebook’s supposed negative impact on social and psychological wellbeing: isolation and comparison, bullying, and negative echo chambers.

A 2012 study published in *Cyberpsychology, Behavior, and Networking* found that Facebook users who had used Facebook longer were more likely to believe that others’ lives were of higher quality, and that others were generally happier than themselves (Chou and Edge, 2011). The study also found that individuals with greater numbers of Facebook-only friends (i.e. had not met them offline) were more likely to undervalue the quality of their own lives, furthering the comparison effect with possible linkages to isolation (Chou and Edge, 2011). The study’s conclusion is that Facebook-driven comparison of self with deceptively positive profiles harm psychological welfare. A 2013 study of Facebook’s ties to subjective wellbeing measured two variables: point-in-time feelings, and general life satisfaction levels (Kross et al., 2013). Carried out through five daily text messages sent to subjects, the findings of the two-week-long study found a direct correlation between reports of increased Facebook use, and decreased ratings for both variables at the next text message check-in (Kross et al., 2013).

Understanding the impact of social media on adolescents’ well-being has become a priority due to a simultaneous increase in mental health problems (Kim, 2017). Problematic behaviours related to internet use are often described in psychiatric terminology, such as ‘addiction’. However, some activity in younger people could be misconstrued as abnormal. For example, young people who frequently post images of themselves (‘selfies’) may appear narcissistic, but such behaviour has emerged as a social norm in younger social networks (McCrae, 2018). Nonetheless, warnings have been issued by psychologists and other experts on how younger people are engaging with social media and related impairment to personal and social development (Greenfield, 2014; Twenge, 2006).

The link between social media and mental health problems is not straightforward, with various contributory factors. A report by the Royal Society for Public Health, & Young Health Movement (2017) suggested impaired sleep as a mechanism. Internet use is a sedentary behaviour, which in excess raises the risk of health problems (Iannotti et al., 2009). A meta-analysis by Asare (2015) showed that sedentary behaviour has a deleterious effect on mental health in young people, although the direction of this relationship is unclear: people with mental health problems may be more likely to be less physically active. Multitasking is common on social media, with users having accounts on multiple platforms. A study by Rosen, Whaling, Rab, Carrier, and Cheever (2013) showed that online multitasking predicts symptoms of mental disorders. Primack and Escobar- Viera (2017) found that the number of social media accounts correlated with the level of anxiety, due to overwhelming demand.

The impact of social media on mental health may differ between adolescents who engage in downward social comparison (comparing themselves to lower performers) and those who use higher performers as a reference point. A systematic review by Seabrook et al. (2016) reported a correlation between negative online interaction and both depression and anxiety. Similarly, Appel, Gerlach, and Crusius (2016) found that passive Facebook use predicts social comparison and envy, which in turn lead to depression.

PURPOSE OF THE STUDY

Few studies have paid attention to the impact of Facebook on individual well-being. The originality of our study is to examine the effects between the usage of Facebook and individual anxiety on their well-being by using a representative sample of 500 Indian youth Facebook users.

RESEARCH METHODOLOGY

The purpose of the present study was to look into well-being of Facebook users’ boy youths of B. N. Mandal University, Madhepura, Bihar in relation to anxiety. For this purpose, descriptive method of research was followed to conduct the present study. In order to achieve the objectives of the study, it was required to select a representative sample of constituent college students of Purnia University, a newly carved out University of B. N. Mandal University, Madhepura, Bihar and the necessary tools for collecting the requisite information.

RESEARCH METHOD

The study was conducted through descriptive method of research which has undoubtedly been the most popular and widely used method in Psychology. It helps in explaining the phenomena in terms of the conditions or relationships that exist, process that are ongoing, effects that are evident; or trends that are developing. The description of tools and sampling is given here under:



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RESEARCH TOOLS USED

The following tools were used to collect data for the present study:

- 1. Anxiety Scale by Beck Aaron T. (1988, 1990)
2. Well Being Scale by Singh and Gupta (2001)
3. Biographical Information Blank (BIB) by Kumari and Rahman (2019)

DATA COLLECTION

After finalizing the tools and selecting the colleges, the researcher personally visited the colleges. The investigator sought permission from the principal of the colleges to collect data. The method of sampling was used 'Purposive Sampling'.

VARIABLES

Dependent variable: Well-being
Independent Variable: Anxiety

HYPOTHESIS

This study null-hypothesized that:
Ho # 1: there was no effect of anxiety on the well-being of Facebook users' boys' youth.

STATISTICAL TREATMENT OF DATA

The data so collected were recorded in tabular form for statistical analysis through SPSS. Descriptive statistic was used to check the normality of scores. Mean, median, standard deviation. As, present investigation is primarily designed to determine the effects of anxiety on well-being among college students, ANOVA was applied to determine the effects and relationship between dependent and independent variables.

RESULTS AND DISCUSSIONS

Our only null hypothesis (Ho#1) was that there was no effect of anxiety on the well-being of Facebook boys' youth users. One-way ANOVA is performed for only one independent variable and samples belong to different groups of the same population.

The derived result of Univariate Analysis (One-way ANOVA) with SPSS is given in Tables below.

TABLE-1
Descriptive Statistics
Anxiety x Well-being

Table with 4 columns: ANXIETY OF BOYS YOUTH, Mean, Std. Deviation, N. Rows include values 74-80 and a Total row.



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Table-1 is based on descriptive statistics. We know that when the statistical data is described in numerical measures it is called descriptive statistics. There are four columns in the table. Column first is showing the minimum and maximum score of anxiety of boys' youth. Column second is Mean, third highlights the Standard deviation and fourth is showing the number of respondents on the scale of anxiety and well-being. Mean is defined as the sum of all the items of a variable divided by the total number of items in the sample. Standard deviation is the most important and common measure of dispersion. It is defined as the square root of the arithmetic mean of the squared deviations of the various items from arithmetic mean.in the Table-1 it is clear that total Mean of the boys' respondents (N=500) is 130.9120 and the SD value is 20.77758.

Results of ANOVA i.e., Test of between subjects' effects (anxiety x well-being) of boys are given in Table-2 below.

TABLE-2
Tests of Between-Subjects Effects
Anxiety x Well-being

Tests of Between-Subjects Effects					
Dependent Variable: WELL-BEING OF BOYS YOUTH					
Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	7447.907 ^a	6	1241.318	2.943	.008
Intercept	6185916.238	1	6185916.238	14663.628	.000
ANXIETY	7447.907	6	1241.318	2.943	.008
Error	207974.221	493	421.854		
Total	8784398.000	500			
Corrected Total	215422.128	499			
a. R Squared = .035 (Adjusted R Squared = .023)					

The Table-2 gives the results of two-way ANOVA univariate analysis (here the variable tested is well-being). To interpret our results, we need to understand the results given in Table-2. The column heads give the source of variance, sum of squares, degrees of freedom, mean of sum of squares, F (F-Ratio) and significance. From this, we can state the effects of treatment. We take the F-value and Significance given against Anxiety, the F-value is 2.943 and significance (p-value) is 0.008. Since the p-value is less than 0.01, there is significant difference between treatment groups i.e., anxiety and well-being.

Table-3
t-Test
Paired Samples Test
Well-being x Anxiety

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	WELL-BEING OF BOYS YOUTH - ANXIETY OF BOYS YOUTH	53.37600	20.56737	.91980	51.56884	55.18316	58.030	499	.000

The t-test enables us to test the significance of difference between two sample means or significance of a single mean. Here we have applied Paired Sample test. The paired sample t-test procedure compares the means of two variables for a single group. The procedure computes the differences between values of the two variables for each case and tests whether the average differs from 0.



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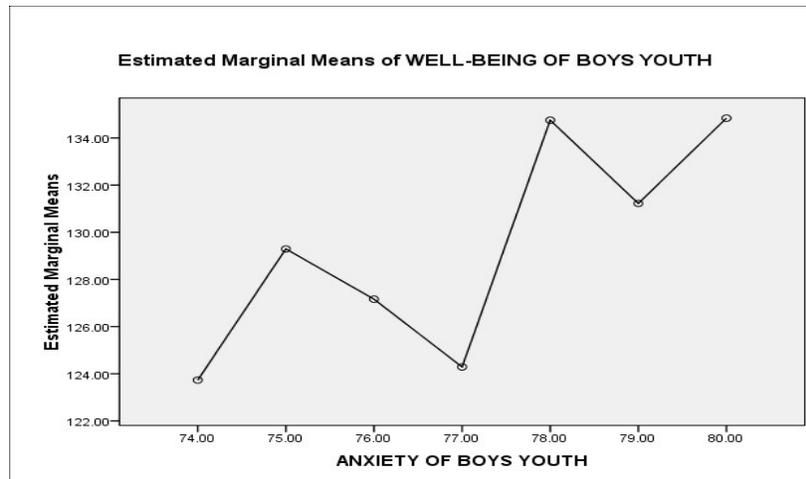
Table-3 gives the t-value, degrees of freedom, significance level and 95% confidence interval for the mean difference. The t-value of **58.030** for **499** degrees of freedom (df) is highly significant as significant value for two-tailed test is **0.000**. Therefore, we reject the null hypothesis. Hence anxiety is effective in decreasing the well-being of boys' youth using Facebook.

TABLE-4
Paired Samples Statistics
Well-being x Anxiety

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error
Pair 1	WELL-BEING OF BOYS YOUTH	130.9120	500	20.77758	.92920
	ANXIETY OF BOYS YOUTH	77.5360	500	2.10465	.09412

Table-4 gives the mean of well-being and anxiety as **130.9120** with a standard deviation of **20.77758** of well-being and **77.5360** with standard deviation of **2.10465** of anxiety among boys' youth using Facebook.

Graph-1 Profile Plot



Graph-1 depicts the estimated marginal means of well-being of boys' youths and their anxiety level. It is clear from the graph that there is some effect of anxiety on the well-being of boys' youth who are addicted to Facebook.

It is clear from the above findings that anxiety affects the well-being of boys' youth who are addicted of Facebook.

Research has also indicated a link between social media use and psychological problems. A systematic review of 11 studies measuring social media use and depressive symptoms in children and adolescents showed a small but statistically significant relationship (McCrae, Gettings, & Pursell, 2017).

The link between social media and mental health problems is not straightforward, with various contributory factors. A report by the Royal Society for Public Health, & Young Health Movement (2017) suggested impaired sleep as a mechanism. Internet use is a sedentary behaviour, which in excess raises the risk of health problems (Iannotti et al., 2009).

CONCLUSION

This study has extended the current research into Facebook use and well-being by identifying the associations between Facebook use and anxiety and well-being those who make upward comparisons on Facebook and engage in rumination, also



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experience feelings of anxiety. This finding has important implications, given the ubiquity of Facebook use, the rising prevalence of anxiety and the negative health implications associated with anxiety and well-being.

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