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Self-control and social media addiction (Facebook): a quantitative analysis

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Abstract

The purpose of this study is to determine the relationship between self-control and teenage social media addiction (Facebook). This study employs a quantitative approach and purposively samples 102 students in the XII level. The data collection scales used are self-control and social media addiction (Facebook). Data analysis utilizing product moment correlation approaches revealed a negative correlation between self-control and social media addiction of $r_{xy} = -0.42$; $p = 0.000 < 0.05$, indicating that the more the self-control, the lower the social media addiction. And, once again, the lack of self-control correlates with a higher level of social media addiction. As a result, the hypothesis is accepted. According to the research findings, self-control contributes 17.58 percent to social media addiction, while the remaining 82.42 percent is influenced by other factors.

Keywords: *Facebook, self control, social media addiction, teenagers*

1. Introduction

Technological advancements in this era of globalization have a tangible effect on human lives. People are aided by increasingly advanced facilities and infrastructure in comparison to prior civilizations, which are facilitated further by increased access to practical and rapid information retrieval via the Internet. Everyone, from youngsters to adults, has access to the internet. Teenagers are no longer strangers to the internet, and the majority of teenagers hunt for references or educational and learning needs by simply accessing the internet (Williams & Merten, 2011) (Duggan et al., 2015). The internet is used to receive a variety of types of information, including science and education, health, and news (Nurovic & Poturak, 2021).

Additionally, the internet is convenient and fast, as well as quite straightforward to use. Individuals can access and use a variety of social media platforms via the internet. Social media is a subset of online media or cyberspace in which users may readily interact and share information that is used to socialize, either individually or in groups. Essentially, social media may be thought of as a unique form of communication (Ahmed et al., 2019).

Nowadays, Facebook has grown to be one of the largest social media platforms, with a large user base. Facebook users actively share information about their daily lives by capturing photos, videos, or other types of content and uploading them to their profiles. They developed the stuff and shared it to exhibit their personality and selves. Apart from sharing their own stuff, they can also share content from other people's accounts (Kirschner & Karpinski, 2010) (Bugeja, 2006). People are becoming more comfortable with social media as Facebook's material becomes more appealing. Technology has altered the way humans socialize and has evolved into a platform for community interaction (Caers et al., 2013).

As we all know, adolescence is a developmental stage that occurs throughout the transition from childhood to adulthood. It also contains biological changes. Teenagers also experience a period of

storm and stress, during which their emotions are unstable, filled with conflict and unpredictable moods.

Teenagers in the storm and stress stages are heavily influenced by their environment, which means that social media becomes a vehicle for self-expression. Teens believe that by accessing Facebook, they can alleviate boredom and transfer some of their tension, and some teenagers even experience anxiety while unable to access their Facebook account (Caers et al., 2013) (Zhuravskaya et al., 2020). The reality is that teenagers are absorbed by their smartphones, publishing their status updates and making comments on their respective Facebook pages while still walking with their pals, and Facebook has become a need in their lives.

Facebook's presence in the community, particularly among youths and students, has a negative effect, especially when it is used excessively. The negative symptoms that result from the use of Facebook in the world of education include students wasting time on Facebook and forgetting their responsibilities as students; they are unable to manage their time effectively, becoming apathetic to learning or performing daily tasks because they are more interested in opening Facebook to check or find information or the latest news. As a result, kids can develop an addiction to Facebook by using it without restrictions and without regard for the passage of time. Addiction to Facebook is included in the internet addiction to friendship sites in cyberspace (Cyber Relational Addiction), which has the most negative impact or influence on the world of education, reducing interest and learning success as a result of an addiction (Wilson et al., 2012) (Nadkarni & Hofmann, 2012).

When individuals spend time online, they experience a sense of change and are unable to handle the major areas of their lives because they are obsessed with online activities (Parikh & Huniewicz, 2015). Individuals begin to miss critical work moments and spend less time with family. Individuals disregard their social bonds with friends, coworkers, and communities, and their lives eventually spiral out of control. The addiction to Facebook causes us to have a lack of interaction with our surroundings and a tendency to ignore friends because it is the only thing we are focused on. It also causes us to lose track of time while completing assignments, feel lazy to learn, experience anxiety when a new notification comes in, and lack of sleep, resulting in a lack of motivation to wake up early to go to school due to a late wake up (Ahmed et al., 2019) (Habermann, 2021b) (Habermann, 2021a) (Habermann, 2021c).

According to research released by the Faculty of Nursing Airlangga University, 83 percent of adolescents are addicted to social media, particularly Facebook. Because they are unable to disconnect from social media for even a single day, this undoubtedly disrupts the learning process for students, as a distracted attention can disrupt the learning process due to inability to focus. Additionally, several studies conducted by Public Health on nearly 1,500 teenagers found that Facebook is one of the worst social media platforms for mental health and well-being because it has the potential to cause anxiety in its users, low self-confidence, potential for bullying and FOMO (fear of missing out) practices, as well as a loss of self-control. As a result of these findings, this research suggests that Facebook is one of the worst social media platforms for mental health and well-being (Guy, 2012).

2. Research Method

This study employs a quantitative methodology. A quantitative strategy was employed in this research to propose processes, hypotheses, data analysis, and data conclusions up to writing, utilizing aspects of measurement, computation, formula, and the certainty of numeric data. Quantitative research can be defined as "research that makes extensive use of numbers, beginning with data collection, data interpretation, and the presentation of conclusions."

The following are the operational definitions for each of the research variables:

Self-Control: Self-control can be defined as a collection of individual capacities to manage, organize, and steer themselves in a manner that results in beneficial outcomes. Self-control is classified according to Thompson's disclosed features, which include the ability to control one's conduct, the ability to delay gratification, and the ability to foresee events.

Social media addiction: Social media addiction is a pattern of behavior that occurs continually when using social media platforms in which users increase the number of another user, making it impossible to be restrained (Balakrishnan & Griffiths, 2017) (Savci & Aysan, 2017). Those who are addicted to social media (Facebook) are thinking about online activities, wishing to use the internet for an increasing amount of time to obtain satisfaction, unable to control, reduce, or discontinue using social media, feeling restless, depressed, or irritable when reducing social media activities, as well as coping with problems (Leong et al., 2019) (Zivnuska et al., 2019).

In each study, the population and sample size are the most critical variables to be able to quantify. According to Sugiyono's research, population is a generalization area comprised of items / subjects with specific features and attributes that researchers select to study and then form conclusions about. Then it can be inferred that the population consists of all subjects or individuals who have been generalized by researchers in order to derive findings (KIRIK et al., 2015).

The sample is a subset of the population in terms of size and features, and hence the results of research on the sample can be extended to the complete population. Purposive Sampling was employed to acquire data for this investigation. Sampling with a specific purpose in mind, taking into account the features of social media addiction (Facebook account): Teenagers aged 15-18 years who actively use social media Facebook spend more than three hours every day on the platform. This study enrolled 102 participants. The Pearson product moment correlation approach was used to analyze the data.

3. Results and Discussion

Based on the findings of the instrument's testing, it is known that the 36-item Self-Control scale comprised two items with the numbers 14 and 15, while remaining valid for everyone, and the corrected value of the item-total correlation increases from $r_{bt} = 0.321$ to $r_{bt} = 0.831$. Then, using Cronbarch's Alpha formula, it does a reliability analysis (reliability test). The obtained reliability index was $r = 0.92$. The reliability index determined that the scale developed in this study was dependable.

While the Social Media Addiction scale (Facebook) contains 30 items, two of which are valid, namely items 7 and 17, the corrected item-total correlation value increases from $r_{bt} = 0.31$ to $r_{bt} = 0.83$. Then, using Cronbarch's Alpha formula, do a reliability study (reliability test). The obtained reliability index was $r = 0.92$. The reliability index determined that the scale developed in this study was dependable.

This study employed a try-out system, which implies that the data collected during the measuring scale retrieval were utilized to test hypotheses. The Kolmogorov-Smirnov method is used to determine normality. When > 0.05 , the data is said to be regularly distributed. The statistics on self-control obtained = 0.07. This result demonstrates that the distribution of data on self control is regularly distributed. For social media addiction data (Facebook), the calculated value of 0.238 indicates that the distribution of social media addiction data (Facebook) is also regularly distributed.

In this study, the linearity test is used to establish the degree of link between independent and dependent variables, specifically whether self-control is related to social media addiction (Facebook). As a result of 0.05, it is possible to assert that there is a degree of linear relationship.

The correlation coefficient for the variables was $r = -0.42$; $p = 0,000 < 0.05$. This indicates that the null hypothesis (H_0) is rejected and the alternative hypothesis (H_a) is accepted, indicating a negative link between teenagers' self-control and social media addiction, with the assumption that the more self-control, the less social media addiction (Facebook). On the other hand, the less self-control youngsters possess, the greater their social media addiction (Facebook). Thus, the coefficient of determination (r^2) obtained in this study is 0.1758. This number indicates that self-control contributes an effective 17.58 percent to Facebook social media addiction in this study. This percentage contribution indicates that other factors continue to exert an 82.42 percent influence on

social media addiction (Facebook) in adolescents. However, this study excludes aspects such as social environment (situational changes), motivational factors, and individual personality traits, as well as inactivity, stress, or despair, and a lack of attention from others.

The findings of this study are based on self-control variables in which the hypothetical mean (83) is less than the empirical mean (102.68) by a standard deviation of 8.89, showing that adolescents have a high level of self-control. Teenagers have a low level of social media (Facebook) addiction, with a hypothetical mean (42) exceeding the empirical mean (38.59) by a standard deviation of 2.141. The high self-control and low addiction to social media (Facebook) in adolescents is a result of the internet or social media (Facebook) in a psychological perspective no longer being an addiction but a basic need that is part of the lifestyle to meet the psychological needs of individuals in their activities, particularly as a tool to assist with communication problems caused by distance, sp In this situation, Facebook satisfies unavoidable demands in the digital age, since it is utilized as a forum for the public, particularly adolescents, as a medium of self-actualization to demonstrate their existence to others.

Although Facebook social media addresses psychological requirements, users must also exercise self-control in order to avoid the numerous negative consequences given by Facebook, such as interacting with cyberspace in order to avoid potential confrontations or misunderstandings. Additionally, Facebook offers a function that enables users to restrict their use of the application through the completion of certain setup actions.

Additionally, this study is supported by previous research conducted by Muna and Astuti [12] on the relationship between self-control and the tendency toward social media addiction in late adolescents, where the findings indicate a negative relationship between self-control and the tendency toward social media addiction in late adolescents. Individuals with a high level of self control are able to manage their behavior and resist internal impulses in order to take action and achieve the desired goals while avoiding unfavorable repercussions.

Conclusion

Based on the findings and conversations, the following conclusions can be drawn:

1) A strong negative correlation exists between self-control and social media addiction (Facebook). Correlation coefficient $r_{xy} = -0.42$; $p = 0,000 < 0.05$ demonstrates this finding. That is, the more self-control a teen possesses, the less likely they are to develop a social media addiction (Facebook) as teens. On the other hand, the poorer teenagers' self-control, the greater their reliance on social media (Facebook). On the basis of these findings, the hypothesis advanced in this study was accepted.

2) In this investigation, the coefficient of determination was determined to be $r^2 = 0.176$. This number indicates that self-control contributes an effective 17.58 percent to social media addiction in this study (Facebook). This percentage contribution indicates that other factors continue to exert an 82.42 percent influence on social media addiction (Facebook) in adolescents.

Teenagers possess a high level of self-control. This is demonstrated by the fact that the hypothetical mean (83) is less than the actual mean (102.68) by a difference of $SD = 8.89$, demonstrating that teenagers possess a high level of self-control. However, teens have a modest level of social media (Facebook) addiction, with a hypothetical mean (42) that is bigger than the empirical mean (38.59) by a standard deviation of 2.141.

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