



FACEBOOK ADDICTION AND PSYCHOLOGICAL WELL-BEING AMONG THE UNIVERSITY STUDENTS

R.Mayuri ¹& A.Rajkumar²

Correspondence: mayuriramanathan7@gmail.com

Abstract

In today's world of technology, there are countless social networking sites on the Internet. Facebook is the most popular and the most used of the users. As Facebook is still a popular online social networking site today, many studies confirm that excessive use of Facebook leads to addictive behavior, especially among the younger generation. The study, entitled 'Facebook Addiction and Psychological Well-being among the university students' aims to examine facebook addiction and Psychological Well-being among the third-year students of the Faculty of Applied Sciences, Uva Wellassa University. A sample of 56 students studying in the third-year students of the Faculty of Applied Sciences, Uva Wellassa University was selected in this study. This study was based on stratified sampling method. The Bergen Facebook Addiction Scale (BFAS) and Ryff Scales of Psychological Well-Being (PWB) were used to collect data. A variety of descriptive and inferential statistical methods: T-test, correlation analysis and frequency distribution were employed. The results of this study revealed some facts: There is a high prevalence of high level of Facebook Addiction among the students (67.9%). There was no relationship between Facebook addiction and students' psychological well-being; There was no gender difference in Facebook addiction and students' psychological well-being.

Keywords: Facebook addiction, Well-being, Psychological, University students, Social networks

¹ Department of Philosophy, University of Jaffna, mayuriramanathan7@gmail.com

² Department of Philosophy, University of Jaffna, svabirami@yahoo.com