

## Facebook Addiction Disorder: Is Facebook Really Addictive?

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### Opinion

Facebook addiction is characterized by the passing an inordinate amount of time on Facebook. Usually, it depends on a person's Facebook user impeding with momentous functions in life like job, school or keeping close interactions with family and true friends [1]. Addiction is a very dominant term and it is palpable that somebody can have a snag with Facebook deprived of absolute addiction. Sometimes this genre of addictive behavior is called as Facebook addiction disorder (FAD), even though it is being studied by psychologists, but the symptoms are not extensively recognized as a psychological disorder [2].

Approximately daily 900 million people use Facebook [3]. The cardinal drive is to keep in touch with intimate friends and other intimates. Some researchers connect social network sites (SNSs) addiction with health-allied, professional, educational, interpersonal glitches and so on. People who use SNSs extremely may have abated in real life social communication and academic feat, in consort with relationship snags.

Current statistics demonstrate that every day about 63% of American Facebook users log on to the site, whereas 40% of users log on many times a day [4]. Generally, people use SNSs for their individual motives. A few people like to surf at other people's status updates and pictures, although others use the sites as an approach to express their fervor. In fact, one of the foremost bases, we use SNSs is for self-interruption and monotony remission. The users who post pictures/status gets reinforcement by receiving amiable emoji (i.e. like, love, haha, wow) and comments on there's posts. It is proved that behaviors that are incessantly reinforced will be recurring, but it will be travailed for such people who have settled this matter to merely stop and becomes addicted (Figure 1).

The aforesaid behaviors serve as an ancestor for Facebook addiction. Actually, these types of behaviors are so regular that Andreassen et al. invented a psychological scale to determine Facebook addiction called Berge Facebook Addiction Scale (BFAS)



**Figure 1:** Facebook is a silent slayer instead of being social, it turns us into a virtual world of addiction.

[5]. To measure Facebook addiction this scale has 6 benchmarks. These comprise avowals, such as “you spend a lot of time thinking about Facebook and planning how to use it” and “you use Facebook to forget about personal problems.” The researchers of BFAS express that getting “often” or “very often” amid 4 of the 6 benchmarks directs Facebook addiction [5].

The most alluring is that people who are more apprehensive, bemuse and doubtful are more feasible to use the SNS. Meshi et al. presumed a connection between the approach the brain processes, particularly self-related feats in magnitude and one's depth of Facebook sake [6]. The researchers verified that amid participants when reacting to the coup in fame for the self, acquaintance to success for others, reward-linked demeanors in the left nucleus accumbens conjecture Facebook use. Regardless, nucleus accumbens act compared to monetary reward did not forecast Facebook use. This study broadens our existing knowledge of the nucleus accumbens role as it relays to human behavior [7-9]. To sum up, the consequences illustrate how self-feeling of the nucleus accumbens to the acceptance of self-pertinent societal info contributes to disparities in real-world behavior. From these findings, it seems that the majorities of people who are addicted to Facebook use the site as a mode of acquiring attention and boost up their self-admiration. But these activities have copious deleterious effects on mental health and welfare including addiction.

The Anxiety UK conducted numerous studies to detect the linkage of technology (i.e., computers, mobile phones, smartphones and SNSs) and anxiety [10]. The denominate suggested destructively alteration of behavior for more than half of respondents who frequently usage SNSs. The study also reported many causes for example, adversely matching themselves to online friends, massive spend of time in online, worry for detaching and relax from online and argumentative virtual accessible as risk factors to generate difficulties in their relationships or jobs [10]. Moreover, angst or malaise was reported for 45 percent of respondents who were not able to entree their SNSs or E-mail [10]. Shockingly to get a break, 60 percent of respondents alleged that they felt the necessity to turn off their technology [10]. Additionally, 1 in 3 of them proverb they switched off numerous times a day [10].

Rauch et al. examine the connection between face-to-face situation and Facebook, to reveal that disclosure to SNSs boost or attenuate physiological arousal among the socially anxious participants [11]. The researchers described that Facebook was responsible to augment

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arousal prior to a face-to-face meeting, predominantly for participants with high levels of anxiety [11].

In accordance with the study of Kross et al. using Facebook may even make us rueful [12]. The denouements specify that Facebook uses forecasts undesirable vicissitudes on both of happiness (i.e., how people perceive time-to-time and how mollified they are with their lives) over time [12]. Many people used Facebook during one time period, felt a degraded condition, the next time text-messaged them; consequently their life contentment levels abated over time if they used Facebook over 2 weeks. In fact, direct interaction with other people did not speculate these deleterious outcomes.

In a study of the Salford Business School at the University of Salford disclosed that SNSs, for example Facebook and Twitter forge anxiety [13]. Likewise, as per the Telegraph article, the researchers reported that, amid 298 participants more than half of those interviewed claimed their behavior had reformed by using such sites and half of those alleged their lives had been transformed to inferior [13]. The mainstream of people sued their confidence level attenuated owing to relating their feats with virtual friends. Furthermore, two-thirds had quibble of appealing or asleep glitches after being available for some time in SNSs. This study also absolutely presented that the Internet is addictive. Over half of people ascribed anxious or sore without access to their Facebook, Twitter or else E-mail accounts. Furthermore, Uddin et al. reported that Internet addiction disorder is linked to psychological distress and depression [14].

Ryan et al. in an appraisal reported that the most prevalent drives for Facebook use are relationship preservation, passing time, enjoyment and comradeship [15]. These incentives may be linked to Facebook addiction through use that is habitual, extreme, or influenced by a desire for mood change. Inspection of Facebook addiction study shows that Facebook use can convert usual or extreme and few addicts use the site to free from adverse moods [15]. Teenagers connected in SNSs are more disposed to smoke, drink and drug addiction. Researchers of the National Centre on Addiction and Substance Abuse detected teenagers outlay any time on SNSs every day were 5 times prone to smoke compared to non-visitors [16]. Furthermore, they were 3 times more prone to drink alcohol and had twofold fortuitous of smoking cannabis [16]. The study also noticed that peer burden was exerting a foremost part, for 40 percent of the teenagers seeing pictures of friends getting boozier on sites alike Facebook and MySpace [16].

Nowadays Facebook has turned out to be an imperious part of our life. This is a disquieting fact for teenagers that need to be addressed swiftly. In fact, it is not purely that the uses of SNSs especially Facebook is getting beyond control, but we indispensable to be virtually linked always. The parents should be cognizant that their teenagers are breathing at a time in which they are relentless 'on' and linked. For

teenagers who are gradually addicted to the SNSs like Facebook or presently addicted, there is prerequisite to screen them for apposite counseling for the betterment of the world.

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#### Competing Interests

The authors state no competing interests.

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