

## Impact of Facebook Usage on Family Environment and Individuals' Stress Anxiety and Depression

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### ABSTRACT

**Background:** Mental health- Not only has social media been proven to cause sadness or unhappiness, but it can also lead to the mental health problems like Depression, Anxiety, and loneliness, Social withdrawal when used is of Facebook is not limited or without any precautions. **Aim:** To assess the prevalence of Facebook use and its impact on the family environment as well as individuals' stress, Anxiety & Depression. **Methodology:** Presented study is Non-experimental descriptive design research on the Impact of Facebook use on the Family Environment and individual Stress, Anxiety, and Depression. Sample Consisting of 141 Samples. Samples were selected from the Community of Pune District, by following inclusion and Exclusion Criteria. In the tools, Socio- the demographic sheet, Bergen Facebook Addiction Scale, Depression, Anxiety and Stress Scale, and Family Environment Scale were administered to the sample. First and foremost, the researcher took permission from the Institute Director to conduct the present study. **Result & Conclusion:** The study found the most significant correlation between Facebook use and Depression, Anxiety, and Stress. There was no significant correlation found between Facebook use and the Family environment.

**Keywords:** Facebook use, family environment, depression, anxiety, stress.

### INTRODUCTION

Facebook is a social networking site it is a tool to share post comments and post links and it is used for Nations (2021). Shared content can be made publicly accessible, or it can be shared only among a select group of friends or family, or with a single person Blasco (2020). Facebook is one of the largest sites in the world where they are not only allowed but encouraged to connect with everyone. Anyone can take advantage of Facebook to maintain a good relationship with others who identify with certain tastes or products. O'Sullivan A., & Hussain, Z. (2017). Social media has been proven to cause sadness or unhappiness, but it can also lead to mental health problems like Depression, Anxiety, and loneliness, social withdrawal when used is of Facebook is not limited or without any precautions (Barr, 2019).

Selami Ahmad Sigur (2016), studied how the use of social networking affects the family communication of teenagers, this study examines whether the use of social network sites by teenagers affects the face-to-face communication of teenagers with their family members. If it does affect their communication with them, investigate whether it is considered a problem by teenagers. It surveyed 445 teenagers from two different cities, Bucharest and Constanta in Romania. The high increase in usage rates of Social Networking Sites (SNS) such as Facebook is a worldwide phenomenon as people spending hours on Facebook, especially among young adolescents have undesired outcomes in terms of techno stress, social overload, or even addiction (Sela, et. al., 2020). However, besides their useful and enjoyable features, SNS like Facebook have also proven on.

### AIM OF THE STUDY

To assess the impact of Facebook usage on the family environment as well as individual stress, Anxiety & Depression.

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## METHODOLOGY

This study was conducted in Pune city Community-based assessment study on the impact of the Facebook user on the Family environment, individual depression stress, and anxiety. A total of 141 participants sample selected using the purposive sample. Self-prepared socio-Demographic data sheets The Bergen Scale (Andreassen et al., 2012), The Depression Anxiety Stress Scale (DASS-21) by Lovibond, S. H., & Lovibond, P. F. (1995), and the Family Environmental Scale (FES) by Bhatia, H., & Chadha, N. K. (1993) were used for the assessment of participants through the interview after completion of the scale analysis data by using the SPSS.

## RESULTS

**Table No. 1 Socio-Demographic profile of the participant**

Name	Demographic	Number of cases	Percentage (%)
Age group	≤ 30	102	72.3
	31 -40	26	18.4
	> 40	13	9.2
Gender	Male	86	61.0
	Female	55	39.0
Education	Illiterate	8	5.7
	Primary	2	1.4
	Secondary	10	7.1
	H Secondary	15	10.6
	Graduate	71	50.4
	PG and Above	35	24.8
Occupation	Farmer	5	3.5
	Businessman	16	11.3
	Professional	37	26.2
	Housewife	13	9.2
	Student	54	38.3
	Others	16	11.3
Family Type	Joint	77	54.6
	Nuclear	57	40.4
	Extended	7	5.0
Marital status	Single	81	57.4
	Married	58	41.1
	Widow	1	.7
	Separated	1	.7

Table 1 is showing Socio-demographic variables of Facebook users in the age group 102 participants from the group of ≤ 30 which was 72.3%. In the gender group, there were 86 participants were Male and 55 Participants were Female which was 61% and 39% respectively. As per the education group majority of the participants graduated i.e. 71 participants graduated which was 50.4%. In the occupation group, the majority of the participants of students were 54 and 38.3%. In the group of family group majority of participants were belonging to a family which was 77. In the marital status group, 81 participants were single.

**Table No 2: Assessment of Family functioning of Facebook user participants**

<b>Domains of FES</b>	<b>Range</b>	<b>Frequency</b>	<b>Per cent</b>
<b>Cohesion</b>	High	2	1.4
	Average	23	16.3
	Low	116	82.3
<b>Expressiveness</b>	High	18	12.8
	Average	93	66
	Low	30	21.3
<b>Conflict</b>	High	00	00
	Average	59	41.8
	Low	82	58.2
<b>Acceptance and Caring</b>	High	00	00
	Average	33	23.4
	Low	108	76.6
<b>Independence</b>	High	17	12.1
	Average	110	78
	Low	14	9.9
<b>Active-Recreational Orientation</b>	High	00	00
	Average	27	19.1
	Low	114	80.9
<b>Organization</b>	High	14	9.9
	Average	49	34.8
	Low	78	55.3
<b>Control</b>	High	00	00
	Average	44	31.2
	Low	97	68.8

The table is showing the Family Environment Scale domain of cohesion distributed in 3 levels that are High, Average, as there table cohesion, level high is frequency and percent are 2 (1.4%), average frequency and percentage 23 (16.3%), and Low level of cohesion is 116 (82.3%). The domain of Expressiveness in family high level as per frequency and percentage is 18 (12.8%), Average frequency and Percentage are 93 (and 66%), and Low Frequency and Percentage are 30(21.3%). As per Domain of Conflict, the Average Level and Percentage are 59 (th.8) and the low level of Frequency and Percentage are 82is8.2%). The Acceptance and Caring in Family average frequency and percentage are 33 (23.4%), and the low frequency and percentage are 108 (76.6%). Independence Domain level frequency and percentage of high level are 17 (21.1%), and low frequency and percentage are 14 (in %). In the Domain of active recreational Orientation high frequency and percentage of 27 low-level frequency and percentage are 114 (80.9%), Organization Doman high-level level Frequency and percentages are 14 (9.9%) Average level frequency and percentage are 49 (34Low-level level Frequency and percentage are 78 (55.3%). Control Domain in average level frequency and percentages are 44 (31.2%), and Low level of frequency and percentage are being (68.8%).

**Table no. 3 Assessment of level depression anxiety and stress Facebook users**

Demine	Frequency	Percent	Valid Percent
<b>Depression Level</b>	Normal	51	36.2
	Mild	14	9.9
	Moderate	18	12.8
	Severe	4	2.8
	Extremely Severe	54	38.3
<b>Anxiety Level</b>	Normal	45	31.9
	Mild	12	8.5
	Moderate	10	7.1
	Severe	10	7.1
	Extremely Severe	64	45.4
<b>Stress Level</b>	Normal	74	52.5
	Mild	5	3.5
	Moderate	9	6.4
	Severe	14	9.9
	Extremely Severe	39	27.7
	Total	141	100

The table is showing the Family Environment Scale domain of cohesion distributed in 3 levels that are High, Average, and Low. As per the table, a cohesion level of high frequency and percent is 2 (1.4%), an average frequency and percentage of 23 (16.3%), and a Low level of cohesion is 116 (82.3%). The domain of Expressiveness in the family is at a high level as per the frequency and percentage is 18 (12.8%), Average frequency and Percentage are 93 (66%), and Low Frequency and Percentage are 30(21.3%). As per the domain of conflict the average level and percentage are 59 (41.8) and the low level of Frequency and Percentage is 82 (58.2%). The Acceptance and Caring in Family average frequency and percentage are 33 (23.4%), and the low frequency and percentage are 108 (76.6%). Independence Domain level frequency and percentage of high level are 17 (21.1%), and low frequency and percentage are 14 (9.9%). In the Domain of active recreational Orientation high frequency and percentage are 27 (19.1%) low-level frequency and percentages are 114 (80.9%), Organization Domain in high-level Frequency and percentages are 14 (9.9%) Average level frequency and percentage are 49 (34.8%), Low-level Frequency and percentage are 78 (55.3%). Control Domain in average level frequency and percentages are 44 (31.2%), Low level of frequency and percentage is 97 (68.8%).

**Table 3 Correlation between Facebook use, Depression, Anxiety, Stress, and Family Environment**

Domains	1	2	3	4	5	6	7	8
<b>Total Bergen</b>	-0.1	-.193*	- 0.16	-0.1	-0.17	-.067**	-.197**	- .122**
<b>Total DASS</b>	0.09	-.205*	- .182*	-0.1	-.221**	0.03	-.164**	- .069**
<b>Depression</b>	0.14	-.245**	- 0.16	-0.1	-.239**	.021**	-0.13	- .133**
<b>Anxiety</b>	.189*	-.222**	- 0.14	-0	-.253**	.040**	-.110**	-0.1
<b>Stress</b>	0.1	-.226**	- .212*	-0.1	-.214**	-.007**	-.152**	- .119**

\* Sig at <.05 \*\* <.01 (2 tailed) 1 = Cohesion, 2= Expressiveness, 3 = Conflict, 4 = Acceptance and Caring, 5 = Independence, 6 = Active-Recreational Orientation, 7 = Organization, 8 = Control

The Above Table Shows a Significant correlation between Facebook use and Depression, Anxiety, Stress & Family Environment. Facebook Users and Depression, Anxiety, and Stress are showing the most significant correlation ( $p=.436$ ). There is the most significant correlation between Facebook users and Depression ( $p=.441$ ). The most significant relationship is shown between Facebook users and Anxiety ( $p=.404$ ). Facebook users and Stress is showing a significant correlation ( $p=.393$ )

There is no significant correlation between Facebook use and Cohesion ( $p=. -0.1$ ). There is a significant correlation between Facebook use and Expressiveness ( $p=-.193$ ). There is no significant correlation between Facebook use and conflict ( $p=-0.16$ ). There is no significant correlation between Facebook users and Acceptance and Caring ( $p=-0.1$ ). There is no significant correlation between Facebook use and Independence ( $p=-0.17$ ). There is the most significant correlation between Facebook use and Active Recreational Orientation ( $p= -.067$ ). There is the most significant correlation between Facebook use and Organization ( $p=-.197$ ). There is the most significant correlation showing between Facebook use and Control ( $p=.122$ ).

There is the most significant correlation shown session, Anxiety & Stress, and Depression ( $p=.922$ ). There is a significant correlation between Depression, Anxiety & Stress, and Anxiety ( $p=.872$ ). There is the most significant correlation between Depression, Anxiety & Stress, and Stress ( $p=.932$ ). There is no significant correlation between Depression, Anxiety & Stress, and Cohesion ( $p=.0.09$ ). There is the most significant correlation between Depression, Anxiety & Stress, and Expressiveness ( $p=-.205$ ). There is a significant correlation between Depression, Anxiety & Stress, and Conflict ( $p=-.182$ ). There is no significant correlation between Depression, Anxiety & Stress and Acceptance and Caring ( $p= -.0.05$ ). There is the most significant correlation between Facebook use and Independence ( $p= -.221$ ). There is no significant correlation between Depression, Anxiety & Stress, and Active recreational Orientation ( $p=.0.03$ ). There is the most significant correlation between Depression, Anxiety & Stress, and Organisation ( $p= -.164$ ). There is a significant correlation between Depression, Anxiety & Stress, and Control ( $p=-.069$ ).

There is a significant correlation between Depression and Anxiety ( $p=.929$ ). There is the most significant correlation between Depression and Stress ( $p=.921$ ). There is no significant correlation between Depression and Cohesion ( $p=.0.14$ ). There is a significant correlation between Depression and Expressiveness ( $p=-.245$ ). There is no significant correlation between Depression and Conflict ( $p=-0.16$ ). There is no significant correlation between Depression and Acceptance and Caring ( $p=.0.05$ ). There is the most significant correlation between Depression and Independence ( $p= -.239$ ). There is the most significant correlation between Depression and Active recreational Orientation ( $p=.021$ ). There is no significant correlation between Depression and Organisation ( $p= - 0.13$ ). There is the most significant correlation between Depression and Control ( $p=-133$ ).

There is the most significant correlation between Anxiety and Stress ( $p=.843$ ). There is a significant correlation between Anxiety and Cohesion ( $p=.189$ ). There is a significant correlation between Anxiety and Expressiveness ( $p=-.222$ ). There is no significant correlation between Anxiety and conflict ( $p=-0.14$ ). There is no significant correlation between Anxiety and Acceptance and Caring ( $p=-0.01$ ). There is a significant correlation between Anxiety and Independence ( $p=-253$ ). There is a significant correlation between Anxiety and Active Recreational and Orientation ( $p=.040$ ). There is the most significant correlation between Anxiety and Organisation ( $p=-.110$ ). There is no significant correlation between Anxiety and Control ( $p=-0.1$ ).

There is no significant correlation between Stress and Cohesion ( $p=0.1$ ). There is the most significant correlation between Stress and Expressiveness ( $p=-.226$ ). There is the most significant correlation between Stress and Conflict ( $p=-.212$ ). There is no significant correlation between Stress and Acceptance and Caring ( $p=-0.06$ ). There is the most significant correlation between Stress and Independence ( $p=-.214$ ). There is the most significant correlation between Stress and Active Recreational Orientation ( $p=-.007$ ). There is the most significant correlation between Stress and Organization ( $p=-.152$ ). There is the most significant correlation between Stress and Control ( $p=-.119$ ).

## DISCUSSION

In the present study, from the data analysed, it is evident that the demographic variable. The majority of participants were from the age group of  $\leq 30$  years which means that more users of Facebook are young people. The majority of participants are male participants as compared to women males are using more Facebook networking sites. As per education level, the majority of participants are graduates. The majority of participants are students. In the family type, the majority of participants are living in a joint. Our study found that the majority of participants are Single and are using Facebook for connecting with other people and sharing their emotions on Facebook. In the present study, we found there is an extremely severe level of Depression Anxiety and Stress is showing due to the use of Facebook as (Salgur, 2017). The use of longer time Facebook use is increasing the level of depression, anxiety, and stress. The individual increases social withdrawal and loneliness, which is leading to Depression, Anxiety, and Stress. The adolescent's excessive use of Facebook impacting on their academic performance and increased their envy feeling.

## CONCLUSION

The study found the most significant correlation between Facebook use and Depression, Anxiety, and Stress. There was no significant correlation found between Facebook use and the Family environment.

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