

## Facebook Impact on Users Social Life

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**Abstract:** This study examines if Facebook has a negative impact on its users' social lives. The research study tests if Facebook causes addiction to using it, anti-socializing and/or declining in academic or career performances on its users. Data collected from a random population sample (n=177) reveals that both males and females (in the study) spending several hours every day using Facebook, However, the study finds that Facebook has no significant impact on users academic or career performance.

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### 1. Introduction

Communication is a dynamic process with the interacting components of sending and receiving information (Anton, 2010). I think that social communication means that people are using to interact are more like tangled-up power lines. Years ago we used the traditional ways of communications: i.e. Face-to-Face, phones or letters. In researcher perception, Communication Technology had made life easier, yet it has created forms of communication less formal, where one can find two colleagues at the same office greeting each other via email rather than direct-verbal interaction, E-mails also adopted at works; sending formal instructions, invitations to meetings, formal memos, etc. In lieu of paper-work. The researcher also believes that social networking websites have also played a vital role in bridging boundaries, linking people and crossing the seas and bringing all people on a common platform where they can meet new people or find old friends and communicating with them. It has become a potential means to relation building and staying in touch with all known. Facebook users are not necessarily "networking" or looking to meet new people; instead, they are primarily communicating with people who are already part of their extended social network (Porter, 2007).

Facebook is an example of social networking websites. Developed by Mark Zuckerberg of Harvard University in February 2004, the site was originally developed for college and university students as a way to connect with each other (Philips, 2007). Hosting the most members for a college based social networking websites.

As Facebook is open for anyone who has a valid e-mail address, the researcher believes that Facebook has significantly affected the way people are communicating and interacting with each other.

Facebook has extra features other than sending-receiving messages; the website includes members' pictures, personal information, interests and group-members. Facebook users can choose their personal levels of security to prevent strangers from accessing their personal information. The platform enables anyone, anywhere, to build up complete applications that members can choose to use. Applications range from photo sharing to graffiti walls and everything in between (Answer.com 2009).

### 2. The Impact of Facebook on Users' Lives

The research is assessing the impact of Facebook on users' social lives; if Facebook can weaken human relationships among its users and/or creating social isolation.

Researcher tackles these issues by designing a questionnaire that was answered by a selected sample population of Facebook users. The research is also trying to find out if excessive use of Facebook has adverse impacts on users' social lives. However, Facebook allows users to continuously stay in touch with friends and relatives. It also can join different people with common interests and/or beliefs by creating groups at Facebook pages that might create a sense of unity and belonging to such groups.

Facebook is a social network that allows interacting, publishing and sharing things, such as photos with friends. Moreover, every person can create a common profile, also allows users to visit the pages of friends. Moreover, users can exchange private messages, conversing among each other, posting images and videos, creating certain events and groups and inviting friends to join their groups.

The power of Facebook lies in the method of spreading information from users; it offers a wide range of options in the broad exchange of information among users.

**Research Question**

Does excessive use of Facebook have negative impacts on users' social lives?

**3. Objectives**

- Identifying if users could get addicted to Facebook.
- Identifying if using Facebook causes anti-socializing state to its users
- Identifying if using Facebook has negative impacts on users' academic or career performance

**4. Literature Review**

Facebook is a popular website that connects people, socialize, making users able keep in touch with their known, make new friends and build up new relationships. It also might be a wonderful, valuable and a comfortable resource of social communication for many.

Facebook's impact on society might go far beyond meeting new friends and sharing music, videos etc. It is bringing the world together. It has become an overarching common cultural experience for people worldwide, especially young people. Researchers think that Facebook might be the fastest-growing company of any type in history, its membership spans generations, geographies, languages, and class. It changes how people communicate and interact, how marketers sell products, how governments reach out to citizens, even how companies operate. It is altering the character of political activism, and in some countries it is starting to affect the processes of democracy itself. (Kirkpatrick, 2010).

Like many Social networks, Facebook provides a formatted web page where the users can enter their personal information (gender, age, hometown, country, education, interests etc.). Facebook is able to identify people with common backgrounds e.g. Identifying people graduated from the same high school, working with same agencies/companies, sharing same family names, or sharing common friends etc. Facebook will suggest to those users to interact with each other.

Facebook profile consists of two types of messaging: private and public (wall). The private messaging is somehow similar to web e-mails services, yet in public; friends can leave their comments, photos and videos. To keep users updated about their social circle, Facebook has two features: "News Feed", which appears on the homepage of each user, and "Mini-Feed", which appears in each individual's profile. "New Feeds" update a personalized list of news stories throughout the day generated by the activity of "friends" (e.g., John added Rolling Stones to his favorites, Jane changed her status to "single" again, etc.) (Valenzuela, Park & F. Kee 2008).

Facebook Group, based around common interests and activities, is an application which displayed in each individual group; this is also displayed in their profile and is a good indicators of hobbies and interests a person might have. The important of impacts of Facebook occur within these groups which are developed by users and organizations.

There are two kinds of groups, a normal group and a secret group, which isn't shown on the profile. A normal group is just like any other, but users can also create and invite others into secret groups. These can be used for collaborating on university projects, and provide a way to have closed discussions. (Valenzuela, Park & F. Kee 2008)

**5. The Impact of Facebook on Teenagers**

Facebook offers youth an easy means for entertainment and communication with others and that it's important for parents to be aware of the nature of this social website; as might not be a healthy environment for the young.

Regarding the optimal age to use Facebook, Children Online.org posted on its 55th Edition Newsletter:

*"We believe it is always developmentally best to hold the line on Facebook whenever possible to age 15 or 16. The many decisions needed to navigate Facebook safely are a challenge for children and young teens because they do not yet have the skills or experience to make those decisions. Trying to navigate the confusing & often-changing privacy settings, numerous marketing tricks, scams, and social drama that arise from impulsive communication, all create a challenging atmosphere for still developing young teens. These challenges include harassment, bullying and the tendency to feel uninhibited in front of a screen".*

Like others means of technology; Facebook has a positive and negative impacts on its users. As for positive impact, Facebook is the place where teenagers can develop empathy and the online comments can put a smile on someone's face and improve their mood, it's also can give shy children a way to interact and socialize with others. Facebook can also improve child's self-identity through many aspects.

A research conducted by Dr. Larry Rosen, a psychology professor at California State University, on 2011, makes it official what some parents already suspected "our kids are getting sort of screwed up when they spend too much time on Facebook".

**6. Negative Impacts Of Over Using Facebook**

- Teens might become narcissistic (according to Dictionary.com, narcissistic is an exceptional interest in or admiration for oneself, especially one's physical appearance)

- Developing psychological disorders like: anti-social behavior and aggressive tendencies
- Anxious, depression, higher absenteeism from school, stomach aches and sleep issues.
- Educationally: students who use Facebook once during the 15 minutes study time had lower test grades (distraction aspect).
- (Trapp. 2011).

**7. Positive Impacts of Facebook**

- Bringing people together with varying backgrounds and encouraging them to extent experience to into real world function
- Enabling those who can't leave their own houses, to meet other who has similar situations in addition to stay in touch with existing friends.
- (Thompson. 2009).
- Giving shy children a way to socialize extending, hopefully, into face-to-face interaction.
- Developing self-identity through choosing profile photos, quotations and listing like and dislike.
- (Trapp. 2011).

**8. Methodology**

Simple random sampling was carried out to select a sample population. Each member of the defined population has an equal opportunity to be part of the study.

The randomly selected sample answered a survey written questionnaire. Data gathered from this research instrument analyzed by SPSS for interpretation. In order to achieve better insight about the research and reach the target population which is the most avid user of these social networks that are able provide relevant responses; Total number of subjects participated in the study (177 Facebook users) from Amman, Irbid and Jaresh cities. Samples varied from school to university students and employees, who form the major chunk of people that are using Facebook. The number of males were (102 users = 57.63%) and females were (75 users = 42.37%).

The population sample was stratified into 3 categories:

- Random sample of School students (15 - >18) Total NO. (52 participants).
- Random sample of Petra & JUST university students (18 - > 26) Total NO. (72 participants).
- Random sample of age category between (26 - 35) Total NO (53 participants).

The selection of these groups was based according to the researcher's perception that different age category uses Facebook for different reasons. Answering the questionnaire was under participants'

consent, after they were informed that all information concerning them will remain confidential and shall only be used for the purpose of the study.

The questionnaire was divided into two sections: participants' profile and the survey questions. The profile contains socio-demographic characteristics of participants such as age, gender, marital status and qualifications. In the survey questions, participants responded to twelve questions. The survey included statements regarding Facebook usage and its impact on participants based on their perception. Some of these questionnaire copies were sent via email to participants in Petra University and Jaresh camp, due to limitation of time, while others were given directly to participants.

**9. Discussion**

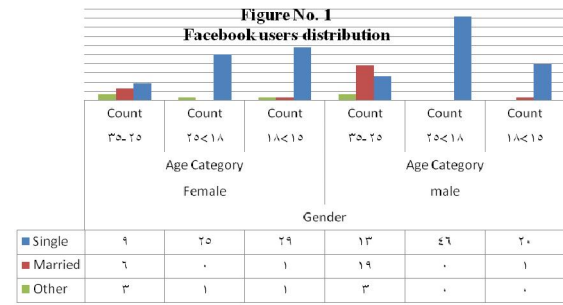
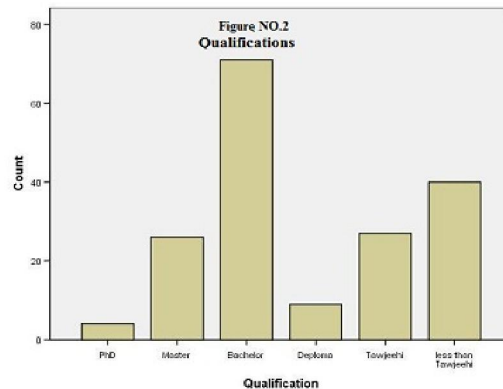


Figure 1 shows the participants' responses according to their gender, where the answers of the participants showed that the number of individuals who responded to the questionnaire is 177. The number of male individuals was 102 people (i.e. 60% of the total study sample) compared to 75 female participants (i.e. 40% of the total study sample).

**10. Qualifications**

Participants were asked to respond to a question about their highest degree earned, and the participants had completed rather an undergraduate or had a university degree or lower than Tawjeehi education. However, most of participants had a Bachelor degree (71 participants, 40 %) (Figure 2).



**11. Frequent Of Usage**

Participants were asked about the amount of time that they spend on Facebook, Table NO. 3 reveals

that young males (i.e. Age 18 - <25), 29.38%, comparatively spent a long time on Facebook (more than 3 hours daily).

Questions (1- 4) of the questionnaire statements were designed to identify if participants are addicted to Facebook. Participants' responses ranged from strongly agree, to strongly disagree.

**12. Facebook Addiction**

**Table No.1**

Question No. 1a: On average, the time I spend on Facebook	Gender					
	Male			Female		
	Age Category			Age Category		
	15>18	18>25	25-35	15>18	18>25	25-35
Not every day	0	6	1	3	0	3
Less than one hour	0	11	6	2	3	5
2-3 hours daily	8	6	12	11	10	4
More than 3 hours daily	13	23	16	15	13	6

Participants were asked about the **average time they spend on Facebook**, as the table reveals that young males (i.e. Age 18 - <25), 29.38%, spent long time on Facebook followed by participants of age (25 - 35, 9% of the same age group (more than 3 hours daily). **(Figure.3)**

Table NO.1 reveal that the average time spent on using Facebook, for both genders, are high as they spend long time periods (over 3 hours daily) using Facebook.

**Table NO. 2**

Question No. 1b : I tried to reduce my usage hours to less than 2 hours but I failed	Gender						Total
	male			Female			
	Age Category			Age Category			
	15>18	18>25	25-35	15>18	18>25	25-35	
Strongly agree	4	3	1	9	3	2	22
Agree	8	10	12	1	7	3	41
Disagree	0	4	4	4	3	1	16
Strongly disagree	1	5	0	1	0	0	7

Table.2 the relationship gender and age with respect to **trying to reduce the period using Facebook but failed**; 36% of participants agreed that they couldn't reduce the time they spend on

Facebook .Where **13%**didn't agree. Also the table reveals that male participants having more difficulties to reduce the time they spend on Facebook every day. **(Figure.4)**

**Table NO. 3**

Question No. 2: I feel obsessed to use facebook even during official working hours: at school, university or work	Gender						Total
	male			Female			
	Age Category			Age Category			
	15>18	18>25	25-35	15>18	18>25	25-35	
Strongly agree	7	2	5	7	1	0	22
Agree	11	15	6	10	8	7	57
Disagree	2	15	21	13	15	5	71
Strongly disagree	1	14	3	1	2	6	27

Table No.3 Shows the relationship between participants' gender and age and their **sense of the obsession to use Facebook even during working**

**hours,79(45%)**of the participants agree and **98(55%)** disagree. **(Figure.5)**

**Table No.4**

Question No. 3 : I feel obsessed to check my Facebook account continuously even during the times I am busy with work or study	Gender						Total
	Male			Female			
	Age Category			Age Category			
	15>18	18>25	25-35	15>18	18>25	25-35	
Strongly agree	7	10	4	8	4	1	34
Agree	9	12	13	11	7	5	57
Disagree	5	11	15	12	11	6	60
Strongly disagree	0	13	3	0	4	6	26

Table NO.4 shows the relationship between participants' gender and age and their **sense of obsession to access Facebook account, even when being busy**. 86(**51%**) of participants disagree and

**49%** responded that they will get upset and worried if could not access their accounts on Facebook. male users have more interest in Facebook than females of all age groups. **(Figure 6)**

**Table NO. 5**

Question No. 4 : I feel upset and worry in case I didn't access my facebook account for one day	Gender						Total
	male			Female			
	Age Category			Age Category			
	15>18	18>25	25-35	15>18	18>25	25-35	
Strongly agree	7	8	5	14	4	3	41
Agree	10	10	5	10	5	4	44
Disagree	3	14	18	7	14	7	63
Strongly disagree	1	14	7	0	3	4	29

Table NO.5 shows the relationship between participants gender and age and their sense of upset and worry for not accessing Facebook account for one day, even when being busy (52 %) of participants disagree and (48%) responded that they will get upset and worried for not accessing facebook . The most affected are females in age category (15 - <18). Tables (1 – 4) indicates that males (18- <25).

are more frequently using Facebook and more addicted to Facebook while females (25- 35) are using Facebook less frequently as compared to male participants. (Figure 7)

**13. Facebook and Anti-Socializing**

Questions (5- 10) of the questionnaire statements were designed to identify if Facebook causes anti-socializing state towards friends and relatives.

**Table NO. 6**

Question No. 5: Facebook is part of my everyday activity and I can't dispense it.	Gender						Total
	Male			Female			
	Age Category			Age Category			
	15>18	18>25	25-35	15>18	18>25	25-35	
Strongly agree	7	7	5	14	5	2	40
Agree	10	18	12	9	13	9	71
Disagree	2	13	13	5	7	4	44
Strongly disagree	2	8	5	3	1	3	22

Table NO.6 shows the relationship between participants' gender and age and their responses to if Facebook is part of their everyday activities and they can't spend a day

without logging into it, 63% agreed, 37% disagreed. The table indicates that male users (18 - <25) are more affected. (Figure 8)

**Table NO. 7**

Question No. 6 : I communicate with my friends and relatives only through Facebook even in social events	Gender						Total
	male			Female			
	Age Category			Age Category			
	15>18	18>25	25-35	15>18	18>25	25-35	
Strongly agree	1	12	4	5	0	1	23
Agree	7	7	16	12	7	7	56
Disagree	12	13	6	12	13	6	62
Strongly disagree	1	14	9	2	6	4	36

Table NO.7 shows the relationship between participants' gender and age and their communication with friends and relatives only

through Facebook, even in social events. (44%) agreed while (56%) disagreed. (Figure 9)

**Table NO. 8**

Question No. 7: Facebook causes loss of direct communication or face-to-face meeting with friends and relatives	Gender						Total
	Male			Female			
	Age Category			Age Category			
	15>18	18>25	25-35	15>18	18>25	25-35	
Strongly agree	2	5	4	4	1	1	17
Agree	8	3	6	3	4	7	31
Disagree	8	19	16	15	15	5	78
Strongly disagree	3	19	9	9	6	5	51

Table NO.8 shows the relationship between participants' gender and age and their sense that Facebook caused loss of direct communication or face-to-face meeting with

friends and relatives. Most participants disagreed (73%) while (27%) agreed. (Figure 10).

**Table NO. 9**

Question No. 8 : I feel comfortable and free when sharing opinions and ideas with my friends through Facebook more than direct interaction	Gender						Total
	Male			Female			
	Age Category			Age Category			
	15>18	18>25	25-35	15>18	18>25	25-35	
Strongly agree	6	5	5	8	5	3	32
Agree	10	17	17	12	9	10	75
Disagree	3	16	9	8	8	3	47
Strongly disagree	2	8	4	3	4	2	23

Table NO.9 shows the relationship between participants' gender and age and if they feel much more comfortable and free when

sharing opinions and thought through Facebook more than direct interaction. 60 % agreed, while 40% disagreed. (Figure 11)

**Table NO. 10**

Question No. 9 : I give importance to communicate with my friends on Facebook more than to my professional and social commitments	Gender						Total
	Male			Female			
	Age Category			Age Category			
	15>18	18>25	25-35	15>18	18>25	25-35	
Strongly agree	7	4	3	6	0	2	22
Agree	5	5	8	10	2	7	37
Disagree	8	18	17	11	15	5	74
Strongly disagree	1	19	7	4	9	4	44

Table NO.10 shows the relationship between participants' gender and age and their sense of giving priority to communicate with

friends on Facebook over their social and career commitments. Most of the participant (67%) disagreed. (Figure 12)

**Table NO. 11**

Question No. 10 : The time I spend on Facebook much more than that I spend in performing social and career duties	Gender						Total
	Male			Female			
	Age Category			Age Category			
	15>18	18>25	25-35	15>18	18>25	25-35	
Strongly agree	4	4	5	6	0	3	22
Agree	10	7	8	8	7	7	47
Disagree	6	15	18	13	10	3	65
Strongly disagree	1	20	4	4	9	5	43

Table NO.11 shows the relationship between participants' gender and age and their sense if the time they spend on Facebook more than they spend on performing social and career duties. Most participants (61%) disagreed where (40%) agreed. (Figure 13)

**14. Facebook and Academic and Career Performance**

Questions (11- 12) of the questionnaire statements were designed to identify if Facebook has an impact on users academic and career performance.

**Table NO. 12**

Question No. 11 : My academic or career performance have been declining since I used Facebook	Gender						Total
	Male			Female			
	Age Category			Age Category			
	15>18	18>25	25-35	15>18	18>25	25-35	
Strongly agree	4	4	5	3	1	2	19
Agree	7	5	8	4	5	4	33
Disagree	10	15	15	10	11	8	69
Strongly disagree	0	22	7	14	9	4	56

Table NO.12 shows the relationship between participants' gender and age and their sense if their academic or career performance

were declined since they used Facebook. Most participants (71%) disagreed. (Figure 14)

**Table NO. 13**

Question No. 12 : Spending long times on Facebook had prevented me acquiring skills or new knowledge, in respect to my studies or career	Gender						Total
	Male			Female			
	Age Category			Age Category			
	15>18	18>25	25-35	15>18	18>25	25-35	
Strongly agree	6	7	5	7	0	1	26
Agree	8	7	10	7	3	4	39
Disagree	6	12	12	10	15	11	66
Strongly disagree	1	20	8	7	8	2	46

Table NO.13 shows the relationship between participants' gender and age and their sense if Spending long times on Facebook had prevented them from learning new skills or improve their knowledge that is related to their academic or career needs, 63% disagreed while 37% agreed. See (Figure 15).

### 15. Results and Recommendations

86 participants (49%) replied that they are using Facebook more than three hours a day. 63 out of 86 (72% participants answered that they are using Facebook several hours a day and couldn't reduce using hours. 79 (45%) participants responded that they are obsessed to use Facebook even during working hours. 91 (52%) participants responded that they are obsessed to check their Facebook account continuously, even when being busy. 85 (48%) participants respond that they get upset or worried if they couldn't access to their account. According to the 111 (63%) participants' responses that Facebook is a part of their everyday activity and can't abandon it. 79 (45%) participants replied that they prefer to communicate with their friends and relatives through Facebook rather than direct interaction. 48 (27%) participants responded that Facebook causes loss of direct communication or face-to-face meeting with relatives and friends. 107 (60%) participants feel much more comfortable and free when sharing opinions and thoughts through Facebook 102 (60%) participants feel much more comfortable and free when sharing opinions and thoughts through Facebook .107 (60%) participants answered that they feel more comfortable and free when sharing opinions and thoughts through Facebook more than direct interaction. 59 (33%) participants give priority to communicate with friends on Facebook over their social and career commitments. 69 (39%) participants thought that they have a decline in their academic or career performance since they used Facebook. 65 (37%) participants replied that they could not learn new skills or knowledge due to spending long time on Facebook.

Research study reveals that Facebook have negative impacts on participants' social lives;

in contrary the academic and career performance didn't decline since they used Facebook.

It's worth to conduct further research on a large scale population, to approve/disapprove these negative impacts of Facebook on its users.

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