

Relationship between Facebook Use and Psychological Well-being for Baccalaureate Nursing Students at Benha University

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Abstract

Background: Facebook as one of the most visited online social networks provides massive opportunities and risk for users. In addition, the extensive use of Internet can increase the problematic effect of new media on students' psychological well-being.

Aim of the study: examine relationship between Facebook use and psychological well-being for baccalaureate nursing students at Benha University.

Research question: What is relationship between Facebook use and psychological well-being for baccalaureate nursing students? **Design:** Descriptive correlational design was utilized in this study.

Setting: This study was conducted at the Faculty of Nursing Benha University.

Subjects: This study was carried on all Baccalaureate nursing students.

Tools for data collection: Socio-demographic data questionnaire, The Face book Intensity scale and The Ryff's Psychological Well-Being Scale.

Results: results revealed that more than one third of the studied students have moderate score on Facebook intensity scale; while the minority of them has high score .There is a highly statistical significant correlation between Psychological Well-Being and number of Facebook friends and also Facebook is part of their everyday activity. **Conclusion:** The students with moderate Facebook use will have moderate psychological well-being. In addition, the more time a person spends using the Internet, the more addicted they will be affect our lives.

Recommendations: It is necessary to spread awareness among children, youth groups and society at large to encourage the healthiest way to use the Internet in order not to negatively.

Keywords: Facebook, , Psychological well-being ,nursing students, Benha .

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I. Introduction

Internet has become the most extensively and commonly used media over the last two decades. It has been shown that apart from the many benefits that it has brought to individuals and societies, it could also be related with unhealthy behaviors and negative health outcomes. Moreover, it could even be a source of a fully new pathology (Sebenae et al., 2013). With the increasing importance of the Internet in everyday life, more and more people admission various online resources each day. Along with the increased popularity of the Internet comes escalating apprehension about pathological usage which results in job loss, marriage breakdown, financial debt, and academic failure. Indeed, recent research suggests that Internet abuse, a maladaptive pattern of Internet use, is becoming more common in the contemporary information society (Steven, 2017). Social media played a significant role during the Arab Spring because it facilitated communication and interaction among participants of political protests. Protesters used social media to organize demonstrations (both pro- and anti-governmental), disseminate information about their activities, and raise local and global awareness of ongoing events. Research from the Project on Information Technology and Political Islam found that online revolutionary conversations often preceded mass protests on the ground, and that social media also played a central role in shaping political debates in the Arab Spring (Salem et al., 2011). In some cases, governments used social media to engage with citizens and encourage their participation in government processes; in others, governments monitored internet traffic or blocked access to websites or the entire internet. The authors of the report analyzed various aspects of social media's impact on the Arab region, including the growth rate of Facebook and Twitter, changes in internet traffic, and demographic changes over time, coming to the conclusion that social media played a critical role in "mobilization, empowerment, shaping opinions, and influencing change" during the Arab Spring (Howard et al., 2011). Furthermore, its speed of development and influence on people cannot be ignored. According to statistics from Facebook's company information, by the end of 2014, on average, there were 890 million daily active users. Facebook, used through the internet, is able to make people keep in touch no matter how far away they are from each other. Therefore, Facebook has become a quicker and more convenient way to interact compared to face-to-face communication and people use it to

interact with others as well as present themselves by posting picture of the self (Bonds-Raacke&Raacke, 2010). In recent years, Facebook has become integrated into many college students' everyday lives, and is often a key medium for maintaining their interpersonal relationships. Facebook provides students with opportunities to meet other students with similar interests, which may lead to an extension of a person's social network. In many cases, these online relationships develop into real-world relationships; in other cases, the main benefit is online social support (Kim and Lee, 2011). Facebook is one of the most popular social networking sites among college students today. Facebook facilitates connections between people, and can also provide online social support through information sharing and friendship with other Facebook members. College students can share information about real-life events, and people can express warmth or care through messages. These types of interactions and topics discussed on Facebook may provide greater opportunities for students to communicate with others in real life. Such reciprocity can lead to deeper relationships over time (Trepte et al., 2012). The concept of psychological well-being derives from developmental psychology, particularly from lifespan developmental psychology. "Well-being" offers diverse depictions of wellness, conceived as continuous personal growth throughout the course of life. Self-actualization is a central theme in the definition of well-being. Psychological well-being encompasses six dimensions of wellness: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance. Social support influences well-being because such support enhances positive emotions, a sense of self-worth, and predictability in life. Social support also functions as a stress buffer by reinforcing a person's self-esteem, self-efficacy, and problem-solving behaviors (Springer et al., 2011). In addition, well-being is not only limited to happiness and life satisfaction, instead it includes all activities that are necessary for human attitude, behavior or virtue (Ryff, 2014). The students with low self-esteem and low life satisfaction benefited from Facebook use, as it allowed them to improve their social capital. Altogether the findings suggest that Facebook users may fulfill their social needs, but it is not clear whether they can fulfill their emotional needs. It is possible that while Facebook stimulates social interaction, it also displaces time from establishing emotionally gratifying relationships. These results somewhat parallel the results of the relationship between general Internet use and well-being (Ellison et al., 2007).

1.2 Significance of the study

Facebook is the most popular social media platform in the region with around 156 million users ... Data has been collected for an average of 12 months, Jan 2015 – Jan 2016. Changes in Numbers of Facebook Users in the Arab States (between 2014 and 2017). Egypt, Number of accounts: more than 33 million users. (Africa Internet Usage, 2017). Also, Facebook may be used to develop and maintain social ties and can improve the wellbeing of the users by reducing the feeling of loneliness and depression. It may be also used to increase person's self-esteem as well as enjoyment. This study was conducted because of spreading the usage of students of social media especially Facebook even in the classroom.

Aim of the study

This study aimed to examine the relationship between Facebook use and Psychological well-being for Baccalaureate Nursing Students at Benha University.

Research Question

What is the relationship between Facebook use and psychological well-being for baccalaureate nursing students?

II. Subject And Methods

2.1 Research Design:-

A descriptive correlational design was utilized to achieve the aim of this study.

Setting:-

The study was carried out at the Faculty of Nursing, Benha University. It consists of four grades. The numbers of first grade(382), the numbers of secondgrades (381) , the numbers of third grades(306), the numbers of fourths grades(366) and the total number of students (1437).

Subject:-

Convenience sample of all baccalaureate nursing students enrolled in academic year 2016-2017 at the Faculty of Nursing, Benha University were the target of this study. They were 330(360 total – 30 pilot study). They students who have the willingness and agree to participate in the study.

Tools of the study:-

The aim of study was achieved through the use of the following tools:

These tools were divided into three tools:

Tool One: It was concerned with socio-demographic characteristic of the studied subjects which consist of age, sex, residence, income and marital status .

Tool two:The Face book Intensity scale developed by Ellison et al., 2007.It consists of 14 items.This questionnaire composed of three close-ended questions which recorded, how many friends they have on Facebook, time they spend on Facebook and I've been on Facebook for... When asking about how many friends participants have on Facebook, a nine-point ordinal scale was used (e.g. 1=10 or less, 2= 11–50, 3= 51–100, 4= 101–150, 5= 151–200, 6= 201–250, 7= 251–300, 8= 301–400, 9= more than 400). When asking about time participants spent on Facebook per day in the past week, a six-point ordinal scale was used (e.g. 1= less than 10, 2= 10-30 min, 3= 31-60 min, 4=1-2 hours, 5= 2-3 hours, 6= more than 3 hours). When asking about I've been on Facebook for... a five- point ordinal scale was used (e.g. 1= Less than 1 year, 2= 1 -2 years, 3= 2 - 3 years , 4 = 3 - 4 years, 5= 4 years or more). Unlike these three questions, the other eleven questions were designed to use 5-point Likert scale that ranges from 1 (“strongly disagree”) to 5(“strongly agree”).

Total score

- 60 & up High
- 49 – 59 Moderate
- 35 – 48 Normal
- 20 – 34 Low
- 0 – 19 Very Low

Tool three: The Ryff’s Psychological Well-Being Scales (PWB) developed by Ryff’s , 1995 .It used to measure psychological well-being for baccalaureate nursing students. This scale consisted of 42 items divided into 6 subscales: autonomy, environmental mastery, personal growth, positive relations with others, and purpose in life, and self-acceptance. Each of the subscale consisted of 7 items. Responses were measured on 6 points Likert scale with a choice 1= strongly disagree and 6=strongly agree. The scores of negative items are reversed (items 3, 5, 10, 13, 14, 15, 16, 17, 18, 19, 23, 26, 27, 30, 31, 32, 34, 36, 39, and 41).

The operational design:

Preparatory phase:

An extensive introduction related to the study area will be done including electronic dissertation, available books, and articles, doctoral dissertation, research and peer interaction and idea from external sources and periodicals to formulate knowledge base relevant to the study area and to get a clear picture of all aspect related to the research topic.

Content Validity:

Before starting the data collection tools were translated into Arabic language and tested for its content validity by group of expertise in the psychiatric field to check the relevancy, clarity, comprehensiveness, and applicability of the questions. As a result of the jury, required modifications were done and the final form was developed.

Reliability of tools

Standardized tools	Cronbach's Alpha	No of Items
Facebook Intensity scale (FBI scale)	(0.83)	14 items
Ryff's Psychological Well-Being Scales (PWB)	(0.86)	42 items

Pilot study:

After the tools have been designed, they were tested through a pilot study, which was done before embarking on the field work to check the clarity and feasibility of designed tools and to estimate the time needed to complete its items. It was carried out on 30 baccalaureate nursing students (10% of the sample size), who were excluded from the main study subjects. According to the result of the pilot study, no changes were required.

Administrative design:-

The researchers were obtained permissions from the Dean of Faculty of Nursing, Benha University to conduct the study .The objectives and the nature of the study were explained and then it was possible to carry out the study with minimum resistance.

Ethical consideration: Before conducting the study, students were assured that the data will be collected from the questionnaires will remain confidential and that no personal identification was needed by any means. Students were informed that they could refuse to participate in this study, or withdraw from it at any time and then acceptance of the student to participate in the study was taken.

Field work:-

1. The researchers were obtained permissions from the Dean of Faculty of Nursing, Benha University to conduct the study.
2. The aim and the nature of the study were explained and then it was possible to carry out the study with minimum resistance.
3. The researchers collected all students to be acquainted with them, explained to them the objectives of the study and its expected outcomes.
4. The researchers filled in the questionnaire through two days/week (Wednesday & Thursday), 15 student /day/ 30 minutes (30 students /week).
5. The field work included students, undergoing fourth year in academic year 2016-2017 they consisted of 300 students.
6. Preparation of data collection was carried out through (10 weeks) two and half months from (beginning of October 2016 to the half of December 2016).
7. Students were divided into subgroups (20 subgroups) each group was 15 students.

II. Statistical Analysis:-

Analysis of the data was carried out and the collected data was organized, coded, computerized and tabulated and analyzed by using (SSPS) programs version (20). Data analysis was accomplished by the use of number, percentage distribution chi-square (x2) test, to test the significance of some variance, significant $p = < 0.05$

$$X^2 = \sum \frac{(O - E)^2}{E}$$

O= the observed frequency of an event.

E= the expect frequency of an event.

III. Results

Table (1): Socio-demographic characteristics of the studied students. N=300

Socio- demographic data	N	%
Age		
21<22	166	55.3
22 or more	134	44.7
Mean ± SD	21.89 ± 0,885	
Sex		
Male	28	9.3
Female	272	90.7
Residence		
Rural	252	84.0
Urban	48	16.0
Income		
Enough	254	84.7
Not enough	22	7.3
Enough and increase	24	8.0
Marital status		
Single	162	54.0
Engaged	64	21.3
Married	74	24.7

Table (2): Sverity of internet usage as reported by the studied students. n=300

Items	N	%
Number of friends on Facebook.		
10 or less	24	8.0
11-50.	32	10.7
51-100	50	16.7
100-150	42	14.0
151-200	46	15.3
201-250	16	5.3
251-300	28	9.3
301-400	24	8.0
More than 400	38	12.7

Average time spent on Facebook daily.		
Less than 10min	18	6.0
10-20min	52	17.3
31-60min	14	4.7
1-2hr	42	14.0
2-3hr	22	7.3
more than 3hr	152	50.7
Period of having Facebook account.		
Less than 1 year	50	16.7
2 years	48	16.0
3 years	62	20.7
4 years	70	23.3
5Years or more	70	23.3

Table (3): Distribution of the studied students according to Facebook intensity scale using. n=300

Facebook intensity scale			Strongly Disagree	Disagree	Neutral / mixed feeling	Agree	Strongly agree
1	Facebook is part of my everyday activity	N	24	74	28	128	46
		%	8.0%	24.7%	9.3%	42.7%	15.3%
2	I am proud to tell people I'm on Facebook.	N	38	80	54	114	14
		%	12.7%	26.7%	18.0%	38.0%	4.7%
3	Facebook has become a part of my daily routine	N	32	74	28	120	46
		%	10.7%	24.7%	9.3%	40.0%	15.3%
4	I feel out of touch when I haven't logged onto Facebook for awhile	N	82	140	28	34	16
		%	27.3%	46.7%	9.3%	11.3%	5.3%
5	I feel I am part of the Facebook community	N	34	94	72	86	14
		%	11.3%	31.3%	24.0%	28.7%	4.7%
6	I would be sorry if Facebook shut down	N	30	98	52	92	28
		%	10.0%	32.7%	17.3%	30.7%	9.3%
7	I have used Facebook to check out someone I met socially	N	60	92	24	110	14
		%	20.0%	30.7%	8.0%	36.7%	4.7%
8	I use Facebook to learn more about other people in my classes	N	20	48	24	170	38
		%	6.7%	16.0%	8.0%	56.7%	12.7%
9	I use Facebook to learn more about other people living near me	N	16	54	34	162	34
		%	5.3%	18.0%	11.3%	54.0%	11.3%
10	I use Facebook to keep in touch with my old friends	N	14	20	12	180	74
		%	4.7%	6.7%	4.0%	60.0%	24.7%
11	I use Facebook to meet new people	N	40	110	32	98	20
		%	13.3%	36.7%	10.7%	32.7%	6.7%

Table (4): levels of Facebook intensity usage as reported by the studied student. n=300

Facebook Intensity scale		
	N	%
Very Low	6	2.0
Low	42	14.0
Normal	104	34.7
Moderate	114	38.0
High	34	11.3
Total	300	100.0
Range	18-70	
Mean±SD	46.65±11.367	

Table (5): Psychological Well-Beings reported by the studied student. n=300

Items	Weak		Average		High		ScoreQQ	
	N	%	N	%	N	%	Range	Mean ± SD
Autonomy	6	2.00	244	81.33	50	16.67	13-38	27.61±4.168
Environmental mastery	6	2.00	226	75.33	68	22.67	14-39	28.03±4.185
Personal Growth	6	2.00	194	64.67	100	33.33	18-42	29.22±4.877
Positive Relations	4	1.33	180	60.00	116	38.67	18-41	29.98±4.489
Purpose in life	10	3.33	208	69.33	82	27.33	18-39	28.733±4.489
Self-acceptance	14	4.67	196	65.33	90	30.00	15523.00	28.30±5.3432
Psychological Well-Being	4	1.33	230	76.67	66	22.00	102-231	171.873±21.154

Table (6): Relationship between socio-demographic characteristics of the studied students and Facebook Intensity usage.

Demographic data		N	Facebook Intensity scale		F or T	ANOVA or T-test	
			Mean	± SD		test value	P-value
Age	21-22	166	46.506	± 11.859	T	-0.249	0.803
	22 or more	134	46.836	± 10.767			
Sex	Male	28	53.357	± 8.473	T	3.332	0.001*
	Female	272	45.963	± 11.414			
Residence	Rural	252	45.992	± 11.205	T	-2.326	0.021*
	Urban	48	50.125	± 11.696			
Income	Enough	254	45.685	± 11.492	F	6.338	0.002*
	Not Enough	22	51.182	± 9.111			
	Enough and more	24	52.750	± 9.081			
Marital status	Married	74	41.514	± 10.514	F	10.694	<0.001*
	Single	162	48.346	± 11.194			
	Engaged	64	48.313	± 11.123			

Table (7): Relationship between socio-demographic characteristics of the studied students and their Psychological Well-Being.

Demographic data		N	Psychological Well-Being		F or T	ANOVA or T-test	
			Mean	± SD		test value	P-value
Age	21-22	166	167.482	± 21.130	T	-4.107	<0.001*
	22 or more	134	177.313	± 19.957			
Sex	Male	28	179.143	± 20.337	T	1.918	0.056
	Female	272	171.125	± 21.131			
Residence	Rural	252	170.889	± 20.901	T	-1.854	0.065
	Urban	48	177.042	± 21.939			
Income	Enough	254	171.748	± 19.992	F	0.383	0.682
	Not Enough	22	169.818	± 21.995			
	Enough and more	24	175.083	± 31.055			
Marital status	Married	74	174.730	± 18.219	F	1.478	0.230
	Single	162	171.889	± 23.095			
	Engaged	64	168.531	± 18.846			

Table (8): Correlation between Facebook Intensity usage and Psychological Well-Being among the studied student.

Items	Facebook Intensity usage	
	R	P-value
Autonomy	0.246	<0.001*
Environmental mastery	0.266	<0.001*
Personal Growth	0.209	<0.001*
Positive Relations	0.148	0.01*
Purpose in life	0.069	0.233
Self-acceptance	0.151	0.009*
Psychological Well-Being	0.236	<0.001*

Table (9): Correlation between severity of Facebook usage and Psychological Well-Being among the studied students.

Internet usage		N	Psychological Well-Being		ANOVA		Spearman's correlation	
			Mean	SD	F	P-value	r	P-value
Number of Facebook friends	10 or less	24	164.750	14.326	3.076	0.002	0.214	0.000
	11-50	32	169.188	19.501				
	51-100	50	167.480	17.002				
	100-150	42	172.048	20.977				
	151-200	46	167.783	25.550				
	201-250	16	166.125	27.058				
	251-300	28	176.929	17.198				
	301-400	24	182.750	20.350				
More than 400	38	181.000	21.298					
Average minutes per day have spent on Facebook	Less than 10min	18	176.000	23.590	0.388	0.857	0.023	0.690
	10-20min	52	170.500	20.702				
	31-60min	14	168.000	13.462				
	1-2hr	42	169.952	20.404				
	2-3hr	22	173.182	13.542				
	more than 3hr	152	172.553	22.776				
Facebook is part of my everyday activity	Strongly disagree	24	160.917	21.458	4.321	0.002	0.168	0.004
	Disagree	74	171.486	17.119				
	Neutral / mixed feeling	28	175.000	22.161				
	Agree	128	170.172	21.318				
	Strongly agree	46	181.043	22.822				

Table (1): It is clear that, more than half (55. 3%) of the studied students were female and their mean age was $21.89 \pm 0,885$, while the most of them live in rural areas (84.0%). Regarding marital status, table (1) also revealed that more than half of them (54.0%) were single and (84.7%) had enough income.

Table (2): Shows that less than one quarter(16.7% and 15.3% respectively) of the studied students had friends on Facebook ranged between 51-200 friend, while the minority (5.3% & 8.0%) of them had friends between 201-400 friend. Regarding average time spent on Facebook, it demonstrated that half of the studied students (50.7%) spent more than 3hr on Facebook daily.

Table (3): Shows that the less than half of the studied students reported that they agree on that Facebook is part of their everyday activity, Facebook has become a part of my daily routine (42.7% &40.0% respectively), while more than half of them reported that they agree on that they use Facebook to keep in touch with their old friends, to learn more about other people in their classes and to learn more about other people living near them (60.0%, 56.7% &54.0% respectively).

Table (4): It is clear that there more than one third of the studied students (38.0%) have moderate score on Facebook intensity scale, while the minority of them (11.3%) has high score. The mean score is 46 ± 11.367 .

Table (5): This table shows that more than two thirds (76.67%) of the studied students have Psychological Well-Being with average range.

Table (6): This table demonstrates that there was a highly statistical significant relationship between socio-demographic characteristics including gender, residence, income and marital status and Facebook intensity usage as ($p < 0.001$).

Table (7): It is clear that there were no significant statistical relationship between gender, residence and marital status and income of the studied students and Psychological Well-Being where ($p > 0.005$). While there is a highly statistical significant relationship between age and Psychological Well-Being where ($p < 0.001$).

Table (8): reveals statistically significant correlation were found between Facebook intensity usage and total psychological well-being and its subscales ($p < 0.001$) except purpose in life subscale as ($p > 0.005$).

Table (9): This table reveals that there is a highly statistical significant correlation between Psychological Well-Being and number of Facebook friends and also Facebook is part of my everyday activity as ($p > 0.005$).

IV. Discussion

Facebook has become one of the most popular websites in the world. Facebook is an online community that allows anyone with an email address to create a profile. Psychological theory relating to Facebook use is becoming a popular research topic with the increased use of Facebook. 96% of students have a Facebook account. Psychological research have discovered that social media reveals data about someone's personality and the way they think. The aim to this study was to examine the relationship between Facebook use and psychological wellbeing for baccalaureate students. Regarding socio-demographic data of the studied students, the results of the present study revealed that the majority of the studied students were female and live in rural areas. These results are similar to Hogan (2013), who found that 55% of the studied sample were female and 44% of them were males. This may be because Facebook is the only way for entertainment in the leisure time. As for number of friends on Facebook, it found that number ranged between 51-200 friend and average time spent on Facebook is more than 3hr daily. These findings are not consistent with Kalpidou et al., 2011, who indicated that the average user spent 60–120 minutes on Facebook every day and reported having 200–250 Facebook friends. This also is contradictory with that Ellison et al. (2007), the participants in this study reported spending 60–120 minutes on Facebook every day. This is higher than the 10–30 minutes reported, but these findings consistent with Raacke & Bonds-Raacke (2008) and Sheldon (2008)). In this line Walton (2012), found that the women spent 30% or more time on Facebook. Also Pettijohn et al., (2012) reported that males had fewer friends on Facebook and females spent more time on Facebook. The researchers view that could be because women seek social support more than men in other aspects of life, tend to be more inclined to use social support when dealing with stressors than males. The findings strongly support a relationship between Facebook intensity and psychological well-being of the studied students. This is corresponding with Kalpidou et al., 2011, who stated that their findings strongly support a relationship between Facebook variables and psychological well-being. This also similar to Al-Muqrin et al., 2016, who found relationship between Facebook and psychological well-being. This result is not consistent with Huang (2010); found no relationship between internet use and psychological well-being. The researchers interpret this as Facebook is the largest social networking site on the internet which help in reducing the users feelings of loneliness and depression as it provide the chance to express feelings freely and receive appreciation comments which is one of the human needs. While this finding is contradictory to Katherine & Derbyshire, 2013, who reported that, there are psychological effects of excessive Internet use, including depression and loneliness. Regarding that correlation between Facebook usage and psychological well-being, the result of this study revealed that there is a highly statistical significant correlation between Facebook use and psychological well-being. This is inconsistent with Al-Muqrin et al., 2016, who reported that there was a negative correlation between psychological well-being and Internet use in female medical students in Saudi Arabia. Regarding correlation between time spending on Facebook using and psychological well-being, the results of this study demonstrated that there is no statistical significant correlation between time spent on Facebook and psychological wellbeing while there is a highly statistical significant correlation between number of Facebook friends Facebook and psychological wellbeing. These findings are not consistent with results of Gafni & Deri (2012), who reported that spending much time on Facebook is related to low self-esteem and great number of Facebook friends potentially hinders adaptation. It is in the same line with Kalpidou et al., 2011, who found that having a lot of friends on Facebook was positively related to both social adjustment, attachment with the institutions and improving social networks. Raacke and Bonds-Raacke (2008) and Sheldon (2008), also reported that the amount of time spent on Facebook didn't correlate with psychological adjustment. The researchers view that psychological wellbeing correlated with increasing number of Facebook friends may be due to as large number friends as the large number of likes and comments on Facebook posts which accordingly improve users mood and increase feeling of wellbeing or may be due to the presence of a great chance to express about feelings without restriction and sharing it with friends in kind manner. It also because Facebook has become a psychological escape from a real-life problems or difficult situations, for example, someone going through painful situation (divorce, failed love story, learning or social problem with collage) can turn online friends to help to cope with that situation. As a mean to cope with the loneliness experienced by the new surroundings, a user can turn to the Facebook to fill the void of that lonely evening.

V. Conclusion

This study was conducted to examine the relationship between Facebook usage and psychological wellbeing. The result emphasized that more than one third of the studied students have moderate Facebook usage and the minority of them have severe Facebook usage. Also, it has proved that psychological well-being of the studied students correlated with Facebook usage. Thus, the students with moderate Facebook use will have moderate psychological well-being. In addition, the more time a person spends using the Internet, the more addicted they will be affect our lives.

VI. Recommendations:

1. Conducting awareness program for the students about negative effect of internet usage on academic achievement.
2. Conducting psycho educational program for the students about psychological consequences of Facebook usage.
3. Enhancing psychological well-being of the youth to decrease time spend internet usage.

Further research:

4. Examining the relationship between Facebook usage and social withdrawal among nursing students.

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