

Facebook As A Medium of Avoiding Loneliness Behavior: A Study On Barishal University Students

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Abstract:

Facebook has significantly transformed the way we communicate, make new friends and maintain old friendships. However, paradoxically, despite enhanced social interconnectivity, people often experience feelings of loneliness. The research aims to investigate the relationship between Facebook usage and loneliness among Barishal University students. It explores how students utilize Facebook to cope with loneliness, the frequency of usage, the types of activities engaged in on the platform, and the perceived impact of Facebook on their feelings of loneliness. A quantitative research design was employed, involving a survey of 100 students. The findings suggest a significant positive correlation between Facebook use and the avoidance of loneliness behavior among Barishal University students. The study highlights the potential of Facebook as a tool for social connection and emotional support, particularly for young adults. However, further research is needed to explore the long-term implications of excessive Facebook use and to identify strategies for promoting healthy and balanced social media engagement.

Keywords: Facebook usage, loneliness behavior, social interconnectivity, mental health impact, social connectedness, quantitative study.

Introduction:

In the digital age, social media platforms have become an integral part of daily life, with Facebook standing out as one of the most popular. For students, Facebook offers a space not only for communication, but also for emotional support and connection. This study investigates how Facebook is used as a medium to avoid loneliness by students of Barisal University. As university life can be challenging, especially in terms of adapting to a new environment and managing academic pressure, social media provides a way for students to maintain social bonds, find support and combat feelings of isolation. The aim of this study is to examine the extent to which Facebook helps students of Barisal University in alleviating loneliness, its usage pattern and its effect on their well-being. Understanding these dynamics can shed light on the psychological and social effects of digital interactions within student communities.

Definition of the concept:

Facebook Usage: For the purpose of this study, "Facebook usage" refers to the frequency and duration of interactions with the Facebook platform, including activities such as posting status updates, sharing content, engaging with posts from others, participating in groups, and messaging friends.

Avoiding: Keep away from or stop oneself from doing something (oxford dictionary).

Loneliness Behavior: In the context of this research, "loneliness behavior" is operationalized as the subjective experience of feeling disconnected, isolated, or lacking meaningful social connections despite engagement with Facebook. It encompasses self-reported feelings of loneliness, social isolation, and perceived inadequacy in social relationships.

Objectives of the Study

1. To investigate the relationship between Facebook use and loneliness among Barishal University students.
2. To understand how students use facebook to cope with feelings of loneliness.
3. To explore the perceptions of Facebook's impact on their feelings of loneliness.

Research Questions:

1. What is the relationship between facebook uses and loneliness behaviour?
2. How do Barishal University students perceive and utilize facebook as remedy for loneliness?
3. How do Barishal University students perceive facebook's influence on their feelings of loneliness?

Hypothesis

- **Null Hypothesis (H0):** There is no significant correlation between the use of Facebook and the avoidance of loneliness behavior among students at the University of Barishal.
- **Alternative Hypothesis (H1):** There is a significant positive correlation between the use of Facebook and the avoidance of loneliness behavior among students at the University of Barishal.

Methodology

Research Design: This research is descriptive in nature. A descriptive research design is taken when a study is undertaken with the objective to describe systematically situation or problems of a community. This study aims to understand the relationship between Facebook uses and loneliness, how facebook is used by students to cope with loneliness, and the perceptions of Facebook's impact on loneliness among students at the University of Barishal and better understanding of the factors of facebook influencing students.

Research Method: In this study quantitative research methodology has been used

The Study Area: In this study, The study area of the survey at the University of Barishal.

Study Population: The study population of the survey is the students of the University of Barishal. Our population size is 9300.

Sampling Technique: From probability sampling the research has chosen simple random sampling technique.

Sample Size: In this study, a sample of 100 students were selected from target population.

Data Collection: All the data have been collected from primary sources. For the study in the researchers has used survey method to collect data from primary sources. The most crucial reason for using survey that the researchers can collect answer regarding definite and significant questions. These questions can be asked in multiple formats as per the accessible population and the intent of the survey. This research has been used web survey research.

Data Collection Technique and Tool: Considering the facts and requirements of the survey a questionnaire was also carefully design in the study structured has been used to collect data from the selected sample. We gather data from respondent by close-ended questions.

Unit of Analysis: The data had been collected from the students of the university of Barishal. Every single respondent of the research is considered as unit of analysis.

Data Analysis: In this research data collected through Sample Survey has been presented and analyzed through software like MS Office, Microsoft Word and with the help of output tables containing frequency percentage etc. There is also presentation with graphs or charts.

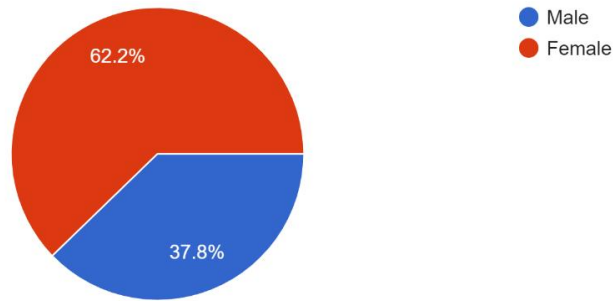
Ethical Issues: To ensure ethical conduct, respondents were informed about the study's objectives and procedures. We refrained from asking harmful, sensitive, or leading questions. Participants were assured of complete privacy and confidentiality. Research rules were strictly followed, and ethical considerations were prioritized throughout the data collection process. No involuntary pressure was exerted on participants, ensuring their voluntary involvement in the study.

Results and Analysis of Data

Demographic Information:

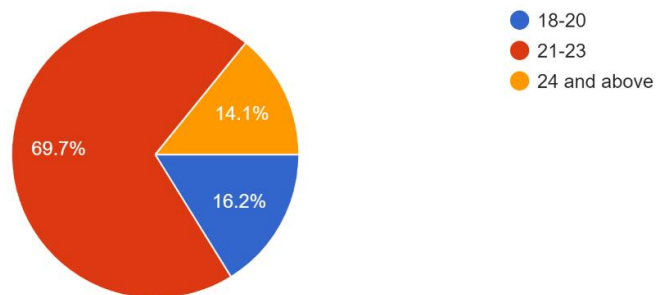
What is your gender?

98 responses



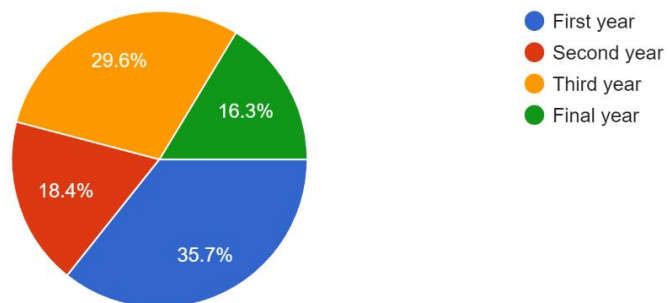
What is your age?

99 responses



What year of study are you in?

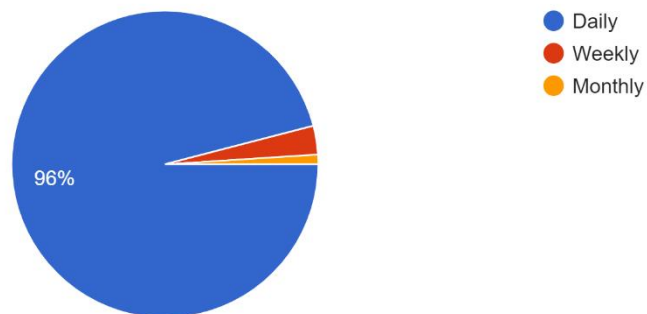
98 responses



Loneliness and social Interaction:

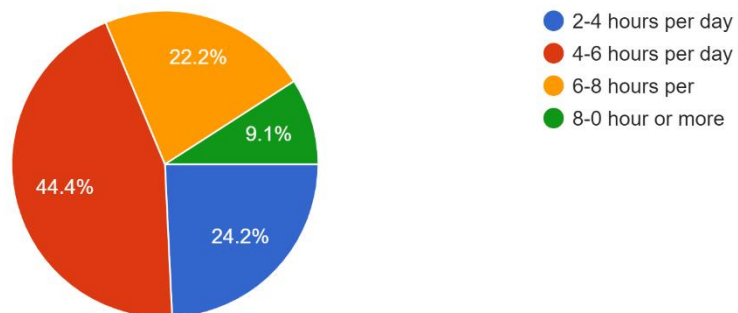
1. How often do you use facebook ?

99 responses



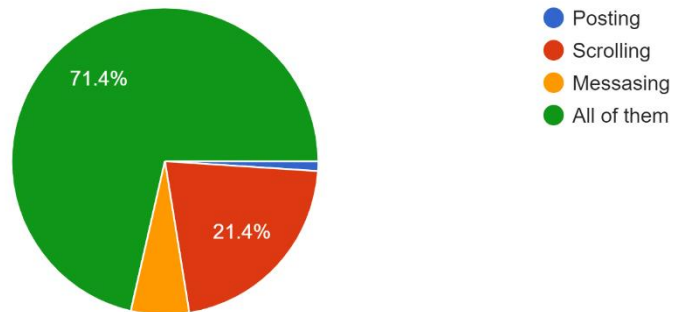
2. How many hours per day do you typically spend on Facebook?

99 responses



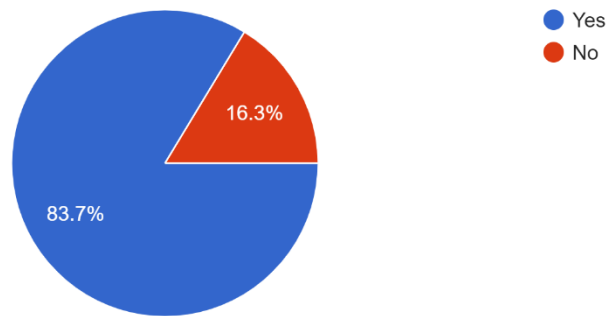
3. What activities do you engage in on facebook?

98 responses



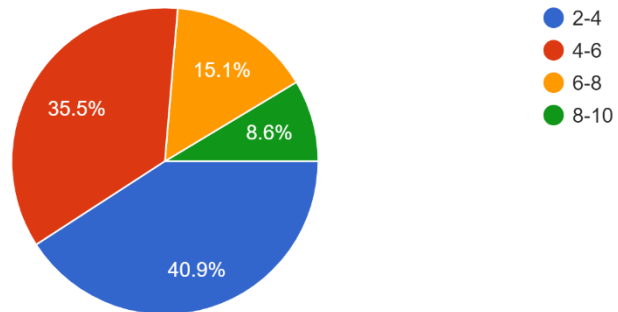
4. Do yo believe facebook help reduce your loneliness?

98 responses



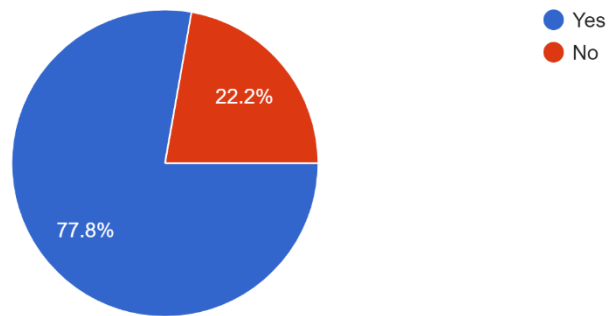
5. Without using facebook how often do you feel lonely?

93 responses



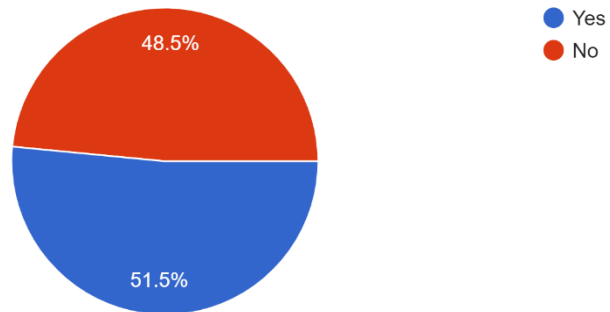
6. Do you feel less lonely after interacting with others on facebook?

99 responses



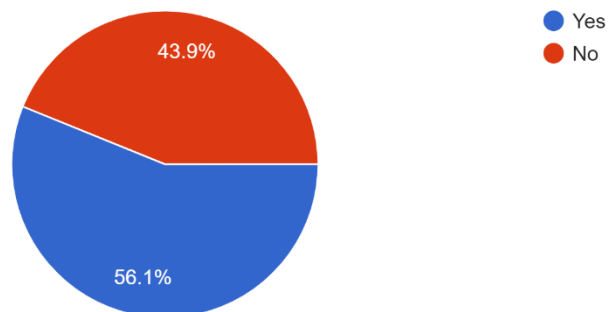
7. Do you think sharing personal information on Facebook helps you feel less lonely?

99 responses



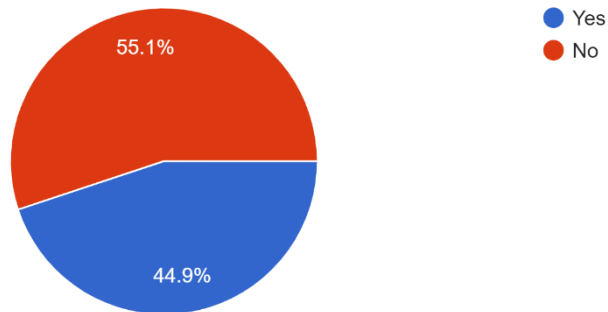
8. Do you find that online interactions on facebook are as fulfilling as in person interactions?

98 responses



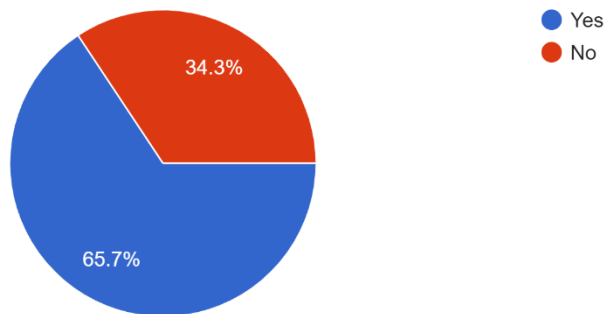
9. Do you think that using facebook has a positive impact on your mental health?

98 responses



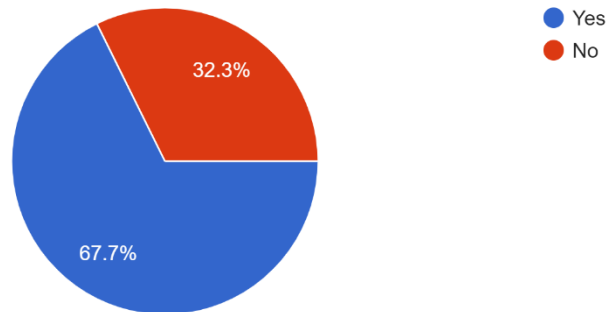
10. Do you use facebook to avoid loneliness at night?

99 responses



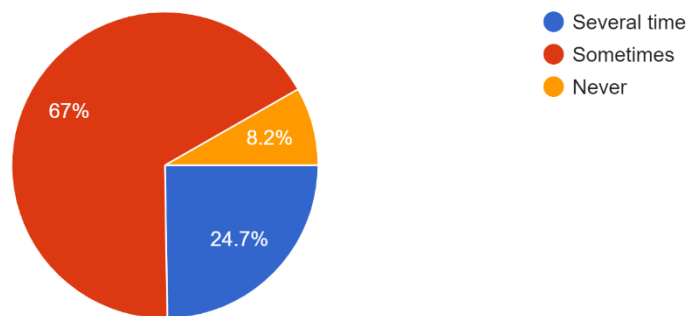
11. Have you ever made new friends on facebook?

99 responses



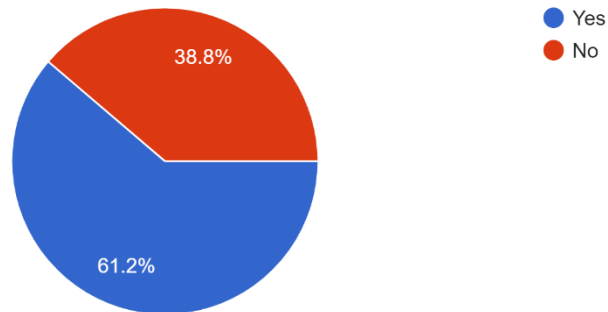
12. How often do you receive emotional support from your Facebook connections (e.g., comments of encouragement, messages of care)?

97 responses



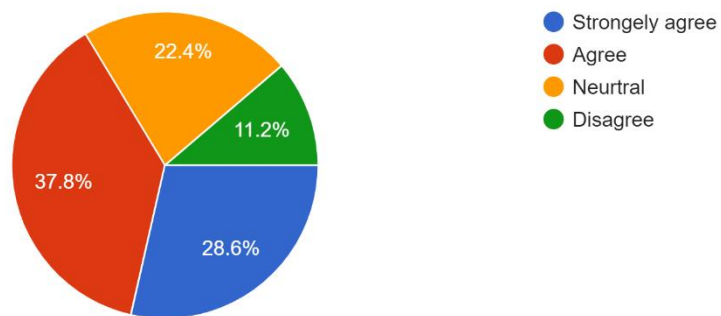
13. Do you join facebook groups to connect with people to avoid loneliness?

98 responses



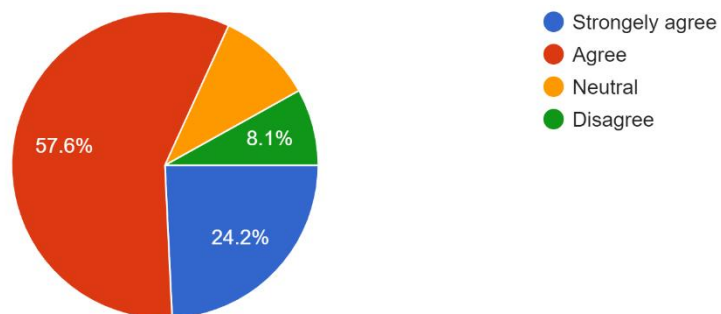
14. Do you feel that facebook helps you maintain relationship?

98 responses



15. Do you feel more socially connected when using facebook?

99 responses



Research Findings:

The survey results indicate that Facebook is a widely used platform among Barishal University students, with a majority using it daily. The platform is primarily used for socializing, with activities like messaging and scrolling being popular. A significant proportion of students believe that Facebook helps reduce loneliness, particularly through interaction and emotional support. However, many also acknowledge that online interactions are not as fulfilling as in-person ones. While Facebook is perceived as a tool for maintaining relationships, concerns about its impact on mental health are evident. The findings suggest that while Facebook can be a valuable tool for social connection, it's important to maintain a balance between online and offline interactions to ensure overall well-being.

Conclusion:

This study explored the relationship between Facebook usage and loneliness among Barishal University students. The findings suggest that Facebook can be a valuable tool for social connection and reducing loneliness, particularly for young adults. However, excessive use and reliance on online interactions may have negative implications for mental health and overall well-being.

The study highlights the importance of maintaining a balance between online and offline social interactions. It emphasizes the need for mindful use of social media, considering the potential benefits and drawbacks. Further research is necessary to delve deeper into the complex interplay between technology, mental health, and social behavior, especially among young adults. By understanding the nuances of social media usage, we can develop strategies to promote positive online experiences and mitigate the negative consequences.

Appendix:

Survey Questionnaire:

Demographic information:

1. What is your gender?

- Male
- Female

2. What is your age?

- 18-20
- 21-23
- 24 and above

3. What year of study are you in?

- First year
- Second year
- Third year
- Final year

Loneliness and social interaction:

1. How often do you use Facebook?

- Daily
- Weekly
- Monthly

2. How many hours per day do you typically spend on Facebook?

- 2-4 hours per day
- 4-6 hours per day
- 6-8 hours per day
- 8 or more hours per day

3. What activities do you engage in on Facebook? (Check all that apply)

- Posting
- Scrolling
- Messaging
- All of the above

4. Do you believe Facebook helps reduce your loneliness?

- Yes
- No

5. Without using Facebook, how often do you feel lonely?

- 2-4
- 4-6
- 6-8
- 8-10

6. Do you feel less lonely after interacting with others on Facebook?

- Yes
- No

7. Do you think sharing personal information on Facebook helps you feel less lonely?

- Yes
- No

8. Do you find that online interactions on Facebook are as fulfilling as in-person interactions?

- Yes
- No

9. Do you think that using Facebook has a positive impact on your mental health?

- Yes
- No

10. Do you use Facebook to avoid loneliness at night?

- Yes
- No

11. How often do you receive emotional support from your Facebook connections (e.g., comments of encouragement, messages of care)?

- Several times
- Sometimes
- Never

12. Do you join Facebook groups to connect with people to avoid loneliness?

- Yes
- No

13. Do you feel that Facebook helps you maintain relationships?

- Strongly agree
- Agree
- Neutral
- Disagree

14. Do you feel that Facebook helps you maintain relationships?

- Strongly agree
- Agree
- Neutral
- Disagree

15. Do you feel more socially connected when using Facebook?

- Strongly agree
- Agree
- Neutral
- Disagree