



***A STUDY OF FACEBOOK ADDICTION LEVEL AMONG TEENAGE
SCHOOL STUDENTS IN SRI LANKA
(IN NEGOMBO EDUCATIONAL ZONE)***

K. D. Nathalia Fernando

Department of Philosophy, University of Kelaniya, Sri Lanka.

Nowadays, Social Networking Sites (SNSs) are major communication system in all societies. Among them Facebook is the most popular social networking site with more than 2 billion users all over the world, especially, young users. Facebook is a useful social sharing network especially for young people in case it is consciously used. However, overuse and unconsciously using Facebook has brought the discussions about a habit such as Facebook addiction into agenda. ‘addiction’ to social networks on the Internet may be a potential mental health problem for some users. Facebook Addiction has also been conceptualized under Internet Spectrum Addiction Disorder. In Sri Lanka Facebook is a social sharing network which is mostly used among the teenage school students in order to communicate with friends, entertain and relax, upload/download photos. Facebook Addiction also makes Sri Lankan teenagers experience problems and erosions in their social life and relations. Therefore Objectives of this research were, to identify the level of facebook addiction among teenage school students in Sri Lanka. Selected sample was

400 teenage students in Negombo educational zone as respondents. To collect the data questionnaire was used. Data were analyzed by using simple percentages, t-test to investigate the facebook addiction level. Findings show, ‘Facebook chat’, ‘Wall post’, and ‘Picture uploading’ were features used most. According to this when the Facebook usage period increases Facebook addiction levels also increase. Facebook addiction levels of females are higher than males’. Those who are connected to Facebook through both computers and cell phones have higher level of Facebook addiction than those who are connected only computers or cell phones. Finally, the more Facebook using experiences of teenage school students increase the more their levels of Facebook addiction increase and the decrease in real life social community participation and academic achievement, as well as relationship problems.

Keywords: *Facebook addiction, Social Networking Sites (SNSs), Teenagers, teenage school students, Internet Spectrum Addiction Disorder*