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STUDY OF GENERAL WELLBEING OF FACEBOOK ADDICTED ADOLESCENT STUDENTS IN CONTEXT OF GENDER AND RESIDENTIAL BACK GROUND

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Abstract

This paper intends to study the level of general wellbeing among facebook addicted (severe, moderate and mild) adolescent students and to compare general wellbeing of facebook addicted (severe, moderate and mild) male/female and urban/rural adolescent students of Sirsa Distt. (Haryana). For this purpose, data of 400 (200 male + 200 female) adolescent students from various government and private, rural and urban secondary/senior secondary schools of Sirsa district (Haryana), was collected by using 'General Wellbeing Scale' by Kalia & Deswal.. The obtained data was analysed by using appropriate statistical techniques viz. Mean, Standard Deviation and correlation. Results of the study show out of 400 facebook addicted (severe, moderate and mild) adolescents, 138 (67 male and 71female) were found to have high score on GWB scale, 130 adolescent students (67 male and 63 female) obtained average and 132 facebook addicted (severe, moderate and mild) adolescent students (66 male and 66 female) obtained low score on GWB scale. Significant difference between severely facebook addicted male and female was found. Severely facebook addicted male adolescent students were found to have higher score on GWB scale. No significant difference between moderately and mildly facebook addicted urban and rural male adolescent students was found on GWB scale.

Key Words: *General Well Being, Facebook Addiction*

INTRODUCTION

General Wellbeing

"Well-being is the state of happy, healthy and prosperous" (Merriam Webster Dictionary)

Well-being is an emerging concept of the present arena. Pollard and Lee (2003) described well-being as "a complex, multi-faceted construct that has continued to elude researchers' attempts to define and measures it". It is a dynamic state characterized by a reasonable amount of harmony between an individual's capacities, needs, expectations and opportunities (Levi, 1987). Checola (1975)"It is connotative

as a harmonious satisfaction of one's desires and goals". Pender (1982) considered wellness to have 5 dimensions, self-responsibility, nutritional awareness, physical fitness, stress management and sensitivity to the effects of environment on wellness.

Thus well-being can be described as a complex, multifaceted construct (Singh and Shyam, 2007). It can be concluded that it is an intangible and amorphous concept with perception differing from individual to individual (Wilcock et al., 1998) and situation to situation. It can be measured by using various well-being scales. The concept of well-being is getting attraction a lot of attention in this materialistic world these days. It is a concept that really makes people's life happy, healthy and satisfied in every aspect. Thus, well-being is the source of attaining the World Health Organization goal of 'healthy mind in a healthy body in a healthy environment' (Shri, 2007).

SIGNIFICANCE OF THE PROBLEM

Addiction to Face book has a negative impact on the adolescent's work or studies, or leads to neglect of other areas of life - family, recreation, exercise, general wellbeing and so on - is not much more than a statement of the obvious.

So there is need to study the level general wellbeing among adolescent students because health is real wealth, this is the crucial time period of the age, for adolescents, when they are to choose the line and direction of their career and studies. Most precious is good mental, physical, social and psychological health. Keeping these facts in mind the investigator has taken this issue for research.

OBJECTIVES OF THE STUDY

To study the level of general wellbeing of facebook addicted adolescent students of secondary schools.

To compare facebook addicted secondary school adolescent students on general wellbeing in context of their gender.

To compare facebook addicted secondary school adolescent students on general wellbeing in context of their residential background.

HYPOTHESES

There is no significant difference among secondary school adolescent students on general wellbeing in context of their gender.

There is no significant difference among secondary school adolescent students on general wellbeing in context of their residential background.

VARIABLES INVOLVED IN THE STUDY

Dependent Variable:

General Wellbeing

Independent Variable:

Gender

Residential background

Method of the study

Descriptive Survey Method was used to conduct the study.

SAMPLE

400 facebook addicted adolescents of class X studying in Secondary Schools were selected randomly from the target population.

TOOL USED

General Wellbeing Scale

The scale consisted of 55 items represented in four subscales: physical well-being, emotional well-being, social well-being and school well-being. It is a self-reported five point scale included positive and negative items ranging from 'strongly disagree', 'disagree', 'undecided', 'agree', and 'strongly agree'.

STATISTICAL TECHNIQUES USED

Mean, Standard Deviation and ' t'-test were used to obtain the results.

RESULTS OF THE STUDY

Present investigation was made to study the level of General Wellbeing among secondary school adolescents of District Sirsa (Haryana) and to compare facebook addicted adolescent students (severe, moderate & mild) in context of their gender and residential background. Results of the study have been shown below:

Table -1
Mean score of general wellbeing among facebook addicted adolescents

Level of general wellbeing	Number of adolescents	Scores obtained	Mean	SD
High	138	226-279	252.98	14.95
Average	130	128-228	190.00	24.29
Low	132	111-167	137.90	13.8

Interpretation

It is evident from the table -1 that mean score on general well-being (High, Average and Low level) among adolescent subjects under study is 252.98, 190.00 and 137.9 with S.D. 14.95, 24.29 and 13.8 respectively. 138 subjects were found to be high, 130 were average and 132 subjects were found to be low on level of general well being.

Overall Level of General Well Being

Table -2
Mean score on Overall General Well Being

N	Variable	No. of Items	Mean	S.D.
400	General Well Being	55	194.52	51.18

Interpretation

It is evident from the table -2 that the overall mean score on general well-being among adolescent subjects under study is 194.52 with S.D. 51.18. It was found that the overall subjects were found to be average on level of general well being.

Table- 3
Comparison between male and female facebook addicted (severe, moderate and Mild) adolescent students with respect to General Wellbeing

Gender	General Wellbeing	N	Mean	SD	T
Male	**Severe Facebook Addict**	116	165.23	13.25	10.57**
Female		95	136.03	16.15	
Male	**Moderate Facebook Addict**	73	252.35	15.76	2.79**
Female		94	243.46	20.60	
Male	**Mild Facebook Addict**	11	214.33	14.80	2.27*
Female		11	193.22	27.34	

*Significant at .05 level of significance **Significant at .01 level of significance

It may be perceived from the Table -3 that the Mean score of male and female (severe, moderate and mild) facebook addicted adolescent students on general wellbeing of are 165.23 and 136.03 with standard deviation 13.25 and 26.15 respectively.

The 't' ratio comes out to be 10.57 between male and female severe facebook addicted adolescent students which is highly significant at 0.01 level of significance. It means severe facebook addicted male and female adolescent students differ significantly on well being score. The 't' ratio comes out to be 2.79 between male andfemale moderate facebook addicted adolescent students which is significant at 0.01 level of significance. It means moderate facebook addicted male and female adolescent students differ significantly on general well-being score. While 't' ratio comes out to be 2.27 between male and female mild facebook addicted adolescent

students which is also significant at 0.05 level of significance. It means mild facebook addicted male and female adolescent students differ significantly on general well-being score.

Table- 4

Comparison between urban and rural facebook addicted (severe, moderate and Mild) adolescent students with respect to general well being

Urban/Rural	Group	N	Mean	SD	't' Values
Urban	**Severe Facebook Addict**	143	148.64	23.92	2.91**
Rural		68	159.13	25.41	
Urban	**Moderate Facebook Addict**	48	247.08	19.25	0.026^{NS}
Rural		119	247.00	19.02	
Urban	**Mild Facebook Addict**	9	203.56	13.81	0.006^{NS}
Rural		13	204.62	29.79	

**significant at .01 level of significance; NS = Not significant

It may be perceived from the Table -4 that the mean scores of urban and rural (severe, moderate and mild) facebook addicted adolescent students on general wellbeing are 148.64, 247.08 and 203.56 with standard deviation 23.92, 19.25 and 13.81 respectively. The mean scores of rural adolescent students on general wellbeing are 159.13, 247.00 and 204.62 with standard deviation 25.41, 19.02 and 29.79 respectively. The 't' ratio comes out to be 2.91 between urban and rural severe facebook addicted adolescent students which is significant at

0.01 level of significance. It means severe facebook addicted urban and rural adolescent students

differ significantly on general wellbeing score. Rural adolescents have obtained higher score on general wellbeing scale in comparison to their urban counterparts. Further the 't' ratio comes out to be 0.026 between urban and rural moderate facebook addicted adolescent students which is not significant at any level of significance. It means moderate facebook addicted urban and rural adolescent students do not differ significantly on general wellbeing score. The 't' ratio comes out to be 0.006 between urban and rural mild facebook addicted adolescent students which is not significant at any level of significance. It means mild facebook addicted urban and rural adolescent students do not differ on general wellbeing score.

CONCLUSION

On the basis of above mentioned results, it can be concluded that facebook addicted (severe ,moderate and mild)male and female differ significantly. Male facebook addicted (severe, moderate and mild) have obtained higher score on GWB scale comparatively their female counterparts. Further it can be concluded that severely facebook addicted urban and rural adolescent students differ significantly on GWB scores. Severely addicted rural adolescent students have obtained higher score on GWB scale comparatively their female counterparts

SUGGESTIONS

The study suggests that the proper guidance for physical, mental, social and psychological health should be provided to the rural female and all urban subjects of the present study.

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