

The Effect of Facebook Addiction on Palestinian Families Relationships: Arabic Version of Bergen Facebook Addiction Scale

Hala Mutie Yousef Diebes^{ID*}

Faculty of Graduate Study, Arab American University, Jenin-West Bank, Palestine

Received: 29/11/2021
Revised: 25/9/2022
Accepted: 26/12/2022
Published: 30/11/2023

* Corresponding author:
Hdiebes1980@gmail.com

Citation: Diebes, H. M. Y. (2023).
The Effect of Facebook Addiction on
Palestinian Families Relationships:
Arabic Version of Bergen Facebook
Addiction Scale. *Dirasat: Human
and Social Sciences*, 50(6), 244–262.
<https://doi.org/10.35516/hum.v50i6.39>

Abstract

Objectives: The Study aims to explore the impact of the Facebook addiction on Palestinian family's relationship. It also aimed to investigate whether there were gender differences and different age groups within Facebook addiction.

Methods: The sample consist of 220 Facebook users from different families in Jenin area in Palestine, selected by using a convenient sampling technique depending on Slovincs's formula. Data was collected by a questionnaire. The Bergen Facebook Addiction Scale was employed to investigate Facebook addiction among Palestinian's families. Scale asks participants to respond to six criteria, choosing one for each 5-point scale criterion ranging from (1 = Very rarely, to 5 = Very often). Answering "Often" or "Very often" to four of the six criteria is an indicator of Facebook Addiction. The Pearson Chi-Square test used to examine the impact between Facebook addiction and family relationships, child relationship, parental relationship, and marital relationship.

Results: Showed a significant association between Facebook addiction and family relationship, child relationship, parental relationship, and marital relationship. The most significant impact was on parental and marital relationships. Results also showed that Facebook addiction was significantly correlated with the excessive usage of Facebook; more than one quarter of the whole sample (27.7%) who excessively used Facebook were addicted to Facebook. The younger age group was most addicted and there was no gender difference in Facebook Addiction.

Conclusions: Excessive usage of Facebook leads to Facebook addiction, and Facebook addiction has a severe impact on Family bonds.

Keywords: Facebook addiction, family's relationship, marital relationship, parental relationship, child relationship.

تأثير إدمان الفيسبوك على علاقات العائلات الفلسطينية: النسخة العربية من مقياس بيرغن للإدمان على الفيسبوك

هالة مطيع يوسف دعيبس*

كلية الدراسات العليا، الجامعة العربية الأمريكية، جنين-الضفة الغربية، فلسطين.

ملخص

الأهداف: تهدف هذه الدراسة إلى معرفة تأثير إدمان الفيسبوك على علاقات الأسرة الفلسطينية ومدى اختلاف ذلك بين الجنسين والفئات العمرية. **المنهجية:** تألفت عينة الدراسة من 220 مستخدم على موقع الفيسبوك من أسر مختلفة في منطقة جنين في فلسطين، جرى اختيارهم بطريقة العينة المناسبة باعتماد معادلة سلوفينز. **جميعت** البيانات عن طريق الإستبانة. واستخدم مقياس (بيرغن للإدمان على الفيسبوك) من أجل قياس الإدمان على الفيسبوك بين أسر الفلسطينيين. يطلب المقياس من المشاركين الاستجابة لستة معايير، لكل معيار تصنيف من 5 نقاط يتراوح من 1 = نادراً جداً، إلى 5 = غالباً جداً. تعدد الإجابة بـ "غالباً" أو "غالباً جداً" على أربعة من المعايير الستة مؤشراً على إدمان الفيسبوك. جرى استخدام اختبار بيرسون كاي سكوير من أجل قياس تأثير إدمان الفيسبوك على علاقة الأسرة، وعلاقة الأطفال، والعلاقة الأبوية، والعلاقة الزوجية. **النتائج:** بينت النتائج الارتباط المباشر والقوي بين إدمان الفيسبوك وعلاقة الأسرة، وعلاقة الأطفال، والعلاقة الأبوية، والعلاقة الزوجية. كان التأثير الأكبر على العلاقة الأبوية والعلاقة الزوجية. كما أظهرت نتائج الدراسة أن إدمان الفيسبوك كان مرتبطاً على نحو كبير بالاستخدام المفرط للفيسبوك: أكثر من ربع عينة الدراسة (27.7%) الذين استخدموا الفيسبوك على نحو مفرط، كانوا مدمنين عليه. بينت النتائج أن الفئة العمرية الشابة كانت الأكثر إدماناً، ولا يوجد فروق ذات دلالة إحصائية بين الجنسين في إدمان الفيسبوك. **الخلاصة:** أكدت نتائج هذه الدراسة أن الاستخدام المفرط للفيسبوك يؤدي إلى إدمان الفيسبوك، وأن إدمان الفيسبوك له تأثير شديد على الروابط الأسرية. **الكلمات الدالة:** إدمان الفيسبوك، العلاقة العائلية، العلاقة الزوجية، العلاقة الأبوية، علاقة الأولاد.



© 2023 DSR Publishers/ The University of Jordan.

This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution (CC BY-NC) license <https://creativecommons.org/licenses/by-nc/4.0/>

1. Introduction

The fast pace of change in technology in 20 centuries has expanded the horizon of communication, as applications of Web (2.0) and social networks continued to mature transforming the globe to small village. One of the most popular social network platforms in the world is on Facebook. By far Facebook user's constituent around (156) million users by early 2017 at the level of Arab Region. Being the most popular social networking sites, Facebook has more than one million users in Palestine State; as stated by Salem, F. (2017). The Arab Social Media Report (2017). Dubai: MBR School of Government.

Because Facebook allows to make a profile in which every individual can share his/her sentiments, ideas, disseminating thoughts, and information through chatting, and text messages. Also, it rapprochements between different continents in the world that facilitate communications between human beings.

Notwithstanding how much Facebook contributes to facilitate communications, it is also at the same time weakened the touch of communication skills. It turns social life into a digital text messages and blog internet. Since we are a social species in nature, the most common type of interactions and communications are characterized by face to face, considering the important presence of the human senses. Which is an essential factor for persuasive contact and to strengthen relationships between individuals, groups, and peoples that no nations can live without it, (Al-Khaddam, H. K., 2013). Regarding to Das, B., & Sahoo, J. S., (2011), reducing face to face contact between people making them more to become addicted in a virtual kind of relationships.

Moreover, this new disruptive communication diminished the traditional ways and the activities that we used to social with each other, such as: going outside, walking for picnics, playing with our kids, mingle with friends, reading books and going to libraries etc. Which is due to the excessive usage of Facebook, (Modi, Y. A., & Gandhi, I. S., 2014). Because there is a certain amount and energy on devoting deliberated many extensive hours using this social network and stealing our time without recognizing it.

When Facebook steals the time of our lifestyle, it deteriorates the traditional family systems (Elgendi, H, 2015). It is impacting family interactions that even causing to reform the family's system, pattern, and rules. In the past years, families used to take breakfast, lunch, dinner together and popcorn at a movie in the Television. Today families have as many distractions such as navigating the internet, texting, chatting, and blogging, etc. (Padilla-Walker et al, 2012). Therefore, Facebook has a strong effect on the well-being of people (Burke et al, 2011, May).

Recently, small studies have started to examine Facebook's negative effect on family health, in that it leads to family's fragmentations. Thus, overuse of social networking sites such as Facebook became an intriguing phenomena that calling Facebook Addiction as an emerging research area (Tang, J. H., et al, 2016).

2. Literature Reviews

2.1. Facebook Addiction

Over the last decade, the growing use of social network sites specifically Facebook changes the society's behaviour. As a consequence of this behaviour changing, researchers started to distract their attention to examine the aspect of Facebook Addiction. Traditionally, the term addiction refers to the uncontrollable or the excessive use of Chemicals such as Drugs and alcohol by a psychoactive behaviour (Rachlin, 1990; & Walker, 1989) as cited in Andreassen, 2013). Furthermore, Tang, J. H, (2016) declared that, "Internet addiction has become a severe problem and has been listed in new versions of the Diagnostic and Statistical Manual of Mental Disorders, According to American Psychiatric Association (APA, 2013, Fifth Edition). Some researchers proposed that, individuals who are addicted to social network sites and internet are experiencing the same symptoms of people who have addiction signs of substance such as usual habitual patterns of behaviour regarding activities like: gambling, drinking alcohol, and chemicals. From this notion, it follows that, spending more time on Facebook is the same as keep consuming the substance. Which means that the internet and social network sites (Facebook) addiction has a common aetiology framework and shares substance-related to behavioural addictions that causing impairment in social, academic, and occupational of an individual's life. (Zaremohzzabieh et al., (2015); Young, K. S. (1998); Echeburúa E, & de Corral P., (2010) as cited in Griffiths, M. D., 2013).

Moreover, Shaw, M., & Black, D. W., (2008), denoted that there is a cross line between devoting too much time and energy to utilize and check the news feeds on the Facebook site, and once a person crosses this line he will be vulnerable to a Facebook Addiction Disorder which he called (FAD) Phenomenon. Shaw et al, (2008) also considered (FAD) and its symptoms as a kind of co-morbid psychiatric disorders like: (preoccupation, tolerance, and withdrawal). Same as the symptoms when individual heavily depends on or frequently use a substance in a continuous tenure for a period of time more than intended, he will fall in prey to addiction, and then caused him in physical and psychological consequences (Young, K. S., (1996) & Walters, G. D., (1996). Accordingly, excessive use of the Internet resulted in personal, family, and occupational problems that have been documented in established addictions Young, K. S., (1998). Also, Przepiorka, A., & Blachnio, A., (2016) showed in their study that the more intense is the use of Facebook, the higher is the risk of Facebook addiction. It has also been argued that, substance-related addictions, appear in social network site addiction and incorporated symptoms like the six core classic addictive symptoms, namely: Mood modification ;(engagement in social network sites bouncing and changing the individual's mood). Salience ;(engagement leads to dominating the thinking and lead to emotional preoccupation). Tolerance; (Increasing the amount of engagement over time). Withdrawal; (experiencing physical and psychological symptoms when engagement banned or stopped). Conflict; (causing conflict in interpersonal relationship due to the engagement), and relapse; (a tendency to revert back to the excessive engagement after an abstinence period). (Griffiths M.D., (2005) (as Cited in Griffiths, M. D., 2013) & Andreassen et al., 2012).

With regard to Facebook addiction concept; there is no generally accepted definition; but many researchers concordant that Facebook is: the intensive time consuming use of Facebook unintentionally which leads to impair one's functioning in every aspect of life. Elgendi, H. (2015) Conceptualized it as a spectrum internet addiction disorder. Tang, J. H, (2016) stated that; "Facebook addiction is defined as a subtype of Internet addiction, which focuses on the addiction one of the most popular social networking sites – Facebook." Przepiorka, A., & Blachnio, A., (2016), defined Facebook addiction related to the excessive and compulsive involvement use of the site, that manifest in neglecting social life which in turn influence on human life. While Guedes et.al, (2016) approached; the uncontrollable use of Facebook in a healthy way that causing harmful to personal, family, and professional life. Similarly, Malik, S., & Khan, M., (2015) Designated Facebook; as the intensive use from every age group that interferes with the important activities of a person's life. Additionally, Burke, M., Kraut, R., & Marlow, C., (2011, May) posit it as a kind of compulsive habit through time passing by several use.

Accordingly, Facebook addiction is relatively a novelty concept and still in its infant stage. Although, there are many literature reviews had investigated the association between Facebook addictions with human factors and psychological traits that can have an effect on heavy users. It is still undetected and highly recognized due to its virtual nature. Even though most of individual may not realize they are addicted, and really do not understand they spent too much time on it scarifying their interpersonal time, deteriorate family relationship, marital discord, diminished social activities, loss of control of real life, among other serious health issues. (Da Veiga, et al., (2019); Guedes, et al., (2016); Shaw, et al., (2008).

Therefore, "considering the detrimental effect and the potential clinical threat of this new kind of addiction"; (Young, K. S., (1998) & Griffiths, M. D., (2013); It triggers a new electronic virtual addiction phenomenon of the 21st century "that's worth to be monitored by adapting a clinical setting criteria which pose important issue for considering treatment and the inclusion of diagnostic tools and procedures at a research worldwide level." (Turel, O., Brevers, D., & Bechara, A., 2018).

2.2. Facebook Addiction & Families Relationship

Although the advent of different internet application in the current millennium, especially Facebook; facilitate expressions of opinions, ideas and thoughts, attitudes easily and quickly, allowed for intellectual openness, cultural exchange, and building new friend relationships through the world from different continents. It is considered as stated before a double-edged sword that has advantages and at the same time drawbacks. It can harm the health, isolate people from the real social world, affected on social relationships, physical contact, and mostly fracture family's relationship. Concordantly, several authors have corroborated that Facebook can affected on personal lifestyle, health and different social relationships. According to the researcher knowledge from most of the academic reviews, rarely little studies have so far examines Facebook addiction and its effect on the member's family relationship inside the home environment. And they

distracted their attention generally on students and personality traits of humans.

Al Shahry, H. (2012) proposes that, Facebook has both negative and positive effects, but especially the most negative is on family interaction. The hours in which family members are meeting and commitment to family duties have decreased, indicating that these techniques have helped to increase social problems contrary to what is hoped for from their role. But this, does not mean condemning these sites in absolute terms, rather than they should not be overused in what may pose a risk to the individual Family and society. As such study by Chasombat, P. (2015) claimed that; while Social Networking Sites maintain a virtual friendship, it together neglected offline relationships and have declined the connection between friends and family. A sample study also of Algerian Facebook users by (Maryam Normar, 2013) showed that; using Facebook leads to individual isolation, and loose interaction with families, relatives, and friends.

It has also been argued by different researches; (Chou, 2001; Young, 1996; & Douglas et al, 2008) (as cited in Steggink, B. W., 2015) that internet addiction has several consequences within five categories such as: social, occupational, academic, financial, or physical nature, but the most devastating consequences are relationship/interpersonal relationship. In addition, the study revealed that women are more addicted towards Facebook than men. Similarly, a study by Young, K. (2009) revealed that internet addiction (internet gambling) creating a disruption in personal, familial, and social aspects within their lives. Additionally, a data showed from the study of Sharaievska, I. (2013) amongst the most negative influences of social network site addiction is related to family communication that resulted in insufficient time spent with family, and the lack of attention during interactions.

According to the approach of Zorbaz, S. D., Ulas, O., Kizildag, S. (2015); & Al Samurai, Hazaifa Mahdi (2013) spending too much time on the internet is positively correlated with inter-family relationships and lack of family connection. In Addition, a study by Turel, O., Serenko, A., & Bontis, N. (2011) explored the fact that overuse of technology has given rise to family conflicts. As well, Modi, Y. A., & Gandhi, I. S. (2014), debated that the new internet generation is not also destroying human being's relationship, but in the matter fact it demolished the traditional ways activities such as: Mingling with friends, going outside, and reading books, also meeting with relatives and friends are missing out due to the excessive usage of Facebook that altered their lifestyle. So, this becomes an alarming concern for the society of different globe.

2.3. Facebook Addiction & Children Relationship

There is little research showing the negative effect of Facebook Addiction on children when it comes to their relationship with their parents. Most previous academic studies have focused on studying the effect of Facebook Addiction between (teens, students, and youth only) on their academic performance and well-being; healthy and social. Such as; the study of Alam, S. S., Hashim et al. (2014), which explore the impact of Internet addictions on (200) young adults in Malaysia that reveals five negative impacts: "interpersonal problem, behavioral problem, physical problem, psychological problems, and work problem," due to the excessive Internet usage, essentially the study found that young adults were the major group of compulsive Internet usages, but the limitations of the study was to the small sample that consisted of only students.

On the other hand, a study by Malik, S., & Khan, M. (2015) Indicated that Facebook addiction was a significant predictor of narcissistic behavior and low levels of self-esteem among students from different departments of the Sargodha University in Pakistan. Also the generalizability of their study findings was only limited to the students and not represented of the general population. Another study comprised of (100) female students only in the College of Computer and Information Sciences at King Saud University (KSU) found that (55%) of the students were negatively affected by the usage of Facebook related to their academic performance. (Ketari, L. M., & Khanum, M. A., 2013).

In the meanwhile, the researcher found a limited academic literature in the era of Facebook and Social Network sites that effect on children (Youths, teenagers only) with their parental relationship. Like, the study of (453) adolescents for Padilla-Walker et al., (2012) who examined the relationship between family social networking site engagement and family connection. Their study revealed that over the engagement of social network sites was related to lower levels of family connections from the adolescent's perspective.

Collected studies encompass from surveys, interviews, and questionnaires by Elgendi, H. (2015), indicated that: Facebook can impact the physical health of college life regarding feelings of loneliness, narcissism, stress, and body

dissatisfaction by leading to web addiction, and socially altering the traditional familial systems. Further studies, had been collected data from (22) respondents in a depth interview of (20-25) minutes for Facebook addicts, students and their family members from various cities in Punjab, showed:” weak bonding with family, ignoring family members, low performance in studies, wastage of time complaints by family, health disorders and disagreements with family”, related to Facebook Addiction. (Ali, A., & Lodhi, R. N., 2017).

2.4. Facebook Addiction & Parental Relationship

According to some studies, internet addiction is significantly associated with an effect on; parental role towards children. For instance, Eslamzadeh, B., Esmaily, M., & Somaye, K. (2015) showed that Internet addiction has a significant relationship with social factors, family scale and marital commitment. In addition, Young, K. S. (1998) explored that excessive usage of internet disrupted parent-child relationships, and close friendships.

Based on the finding of Xiuqin, H. et al. (2010); depending on the perceived adolescents with internet addiction disorder, internet addiction was associated with lower levels of parental monitoring, lack of discipline in the family, family violence, and finally ineffective parenting style. Also, Yao, M. Z., He, J., Ko, D. M., & Pang, K. (2014); Wazi.T & Yousef. A.(2013) reported negative parental behaviours of mothers and fathers that affected differentiating males and female children related to being addicted to the Internet, which in the end, triggering the heat and sincerity feelings between parents and children and widen the gap between them.

Furthermore, the study of Yao, M. Z., He, J., Ko, D. M., & Pang, K. (2014) indicated; male participants were more likely to report more severe symptoms of Internet addiction. Kanter, M., Afifi, T., & Robbins, S. (2012), likewise, identified the impact of parents on (Social Network Site –SNS) were negatively impacted the child’s perception of satisfaction in the relationship on.

Thereby, internet addiction by parents, resulting in neglecting parental duties and responsibility, which stated by different researchers, (Wąsiński, A., & Tomczyk, Ł. (2015); Luciana, R. P. (2010); Li, C., Dang, et al., (2014); that the lack of family support, negative control parental behaviour, uninterested and readiness parenthood, driving teenagers to choose their free time connecting with internet, drive them to be addicted and isolated from their family and the real home environment.

2.5. Facebook Addiction & Marital Relationship

In the light of past studies as stated below, Facebook Addiction had a negative effect on couples (Marital Status), explicating that the severity of Facebook addiction can create a disconnect with loved ones, resulting in separating, neglecting other partner, divorced and in the end can wreak havoc on a family at all. A research by Abbasi, I. S. (2019), conducted on (365 participants) included (242 females, 123 males) found that participants with higher Social Network Site Addiction have related issues to infidelity behaviours. Consistent with the findings, Clayton, R. B., Nagurney, A., & Smith, J. R. (2013) also showed; high level of Facebook usage associated with negative relationship outcomes such as: (breakup and getting divorced or being cheated), in that mediated first from indirectly neglecting their partner or beloved one by connecting with other former partner, creating Facebook-related jealousy that compelled partner monitoring which leads to conflict in relationships and separation. In another study of Al Samurai & Hazaifa Abboud Mahdi (2013), claimed that extensive too much time on Facebook have a negative impact on the marital relations, and may deteriorate significantly between the relationship of spouses and falling into a hypothetical relationship that lead to divorce. Das, B., & Sahoo, J. S. (2011), likewise, professed that Facebook Addiction fueling the divorce process rate and can easily reunite old lovers one that in turn leading to a secret platform of dating.

Other researchers have found that there is a significant relationship between Facebook or internet technologies Addiction and marital status in term of (marital conflicts, marital commitment, and marital satisfaction). Benti, D. M., Garuma, D., & Tena, T. (2019) surveyed (198 married couples) in Jimma town Ethiopia that uses technologies, Facebook, mobile usage and television watching. Their study showed a statistically significant positive relationship with marital conflicts. Same as the study of Eslamzadeh, B., Esmaily, M., & Somaye, K. (2015), illustrated in their findings that there is a significant relationship between internet addiction and social factors, marital commitment, and finally family scale. In

addition, Aziz, N. N. A., Sallehuddin, I. S., Hassan, N. A., & Buhari, N. (2016) analyzed data survey of (300) Malaysian married men and women and also identified that there was a significant negative relationship between internet addiction and marital satisfaction components, conflict resolution, and leisure-time activities among couples.

The findings of Irani, Z. B., & Rezaei, T. (2018) and Kiogora, C. K. (2018) disclosed that there is a negative significant effect of spending excessive time on social network sites among married individuals that poses a set of problems such as: marital quality relationship, marital consensus, cohesion and satisfaction.

Thus, couples relationship destroyed due to the exaggerated time spent on social network sites by both the husband and the wife; wives that forgot her housework responsibility and her partner, and interestingly, it has been called the term (cyber widower) for the woman who's being neglected by her husband because of overtime spending on the internet. (Nithin, 2012), retrieved from <https://www.indiastudychannel.com/resources/155930-The-era-of-cyber-widows.aspx>

3. Current Study

In light of the literature review, very few studies have been exploring the Dilemma of Facebook Addiction as a new form of cyber-psychology disorder, and most of them has concentrated on the effects of Facebook addiction in the context of; personality traits, mental health, social activities, and academic performance. They confined their studies to the student's school, teenagers, and youth age groups rather than extended it to the general public and people (Alzougool, B., 2018).

For instance, the studies by Malik, S., & Khan, M. (2015) & Alam, S. S., Hashim et al., (2014); The generalizability of their study's findings were limited and not represented a general population due to the small sample that only limited to students. Moreover, there are a mix and discrepancy in previous findings in regards to gender differences towards Facebook and internet addiction. From one hand, some have found that male is more prone to be addicted to the internet (Yao, M. Z. et al., 2014). On the other hand, others have shown that women are more addicted than men in using social media (Steggink, B. W., 2015). Whereas, other evidence indicated that there are no differences between males and females in their Facebook addiction; (Ashraf Atta et.al, 2016; Kimpton, M. et al., 2019; Alzougool, B., 2018).

This current study, therefore, aimed to examine the effect of Facebook addiction on the relationship between family members in the home environment between couples, children, and parents; using Bergen Facebook Addiction Scale (BFAS) as a psychometric validation tool to measure the level of Facebook addiction, suggesting being addicted to Facebook due to the excessive usage of Facebook. In Addition, the study will seek to determine whether there were gender differences within Facebook addiction, and different age groups. Thus, based on previous literature reviews, Proposed Hypotheses are stipulated as below:

- **H1:** More hours spend daily on Facebook are significantly correlated to Facebook addiction.
- **H2:** Families relationship is significantly associated with Facebook Addiction.
- **H3:** Children relationship is significantly associated with Facebook Addiction.
- **H4:** Parental relationship is significantly associated with Facebook Addiction.
- **H5:** Marital relationship is significantly associated with Facebook Addiction.

In order to test the aforementioned hypotheses, this current study is one of a few studies that conducted a comprehensive approach quantitative and qualitative research paradigm through an administrative questionnaire to examine entirely emerging new phenomenon. Which will provide a comprehensive framework for deep understanding about the effect of Facebook addiction between individuals within their family system as it will make a valuable contribution for researchers and scholars intended to extend their work on this issue.

4. Methodology & Procedures:

4.1. Method

According to the research objectives to intend to collect data from Facebook users and how Facebook addiction affects their social family's relationships. This study approach depends on both qualitative and quantitative research design. The study adopted social survey method using a questionnaire and descriptive analysis. The Data was analyzed using the SPSS

windows software program (version 24).

4.2. Population

The targeted population of this study was Facebook Users from different families in Jenin area in Palestine. The estimated population in Jenin area is (318,958) according to the Palestinian Central Bureau of Statistic annual report 2016.

4.3. Sample

The study sample was a convenient sample technique composed of (399) target participants who use Facebook, depending on Slovinc's formula with a confidence level (95%) and margin of error (5%) because it is suitable to know about a specific large population's character. After checking questionnaires, the researcher found out that (220) valid questionnaires for statistical analysis out of 399. The final sample was (220) participants of Facebook Users from different families, (54.5% were females) and (45.5% were male). Both genders have almost the same counts and percentage, due to the appropriate sampling that the researcher chooses to distribute equally the sample of the study.

4.4. Research Tool

This study adopting a comprehensive model approach for both qualitative analysis and quantitative survey questionnaire for collecting data which composed of three themes:

4.4.1. *Theme one:* is about demographics information of the sample participants: (age group, gender, status).

4.4.2. *Theme two:* is related to the Habits and types of Facebook usage by Palestinian's families in Jenin area by using interval options and yes or no questions.

4.4.3. *Theme three:* To measure Facebook addiction, the Bergen Facebook Addiction Scale (BFAS) was employed Andreassen, C. S., Torsheim, T., Brunborg, G. S., & Pallesen, S. (2012). This scale contains six basic criteria questions each reflecting the six core elements of addiction; (Salience, mood Modification, tolerance, withdrawal, conflict, and relapse). In which BFAS Scale asks participants to answer how often during last year they have experienced the following:

- "You spend a lot of time thinking about Facebook or planning how to use it."
- "You feel an urge to use Facebook more and more."
- "You use Facebook in order to forget about personal problems."
- "You have tried to cut down on the use of Facebook without success."
- "You become restless or troubled if you are prohibited from using Facebook."
- "You use Facebook so much that it has had a negative impact on your job/studies."

Participants can answer to these six criteria by choosing one to each criterion of these 5-point scales: (1) Very rarely, (2) Rarely, (3) Sometimes, (4) Often, and (5) Very often. According to Andreassen et.al, (2012) a Polythetic scoring scheme was used to determine the Facebook addiction between participants; "Suggesting scoring (3 or more) in response to four of the six criteria is an indicator of Facebook Addiction."

4.4.4. *Theme Four:* based on previous studies, and own efforts of the researcher, a five Likert scale were applied ranging (from 1=strongly disagree, to 5=strongly agree) to know the impact of Facebook addiction on Family's relationships between: (marital status, parents, and children).

4.5. Conceptual Model

The operational variables that are involved in this study that the researcher highlighted to test the study hypothesis were shown in figure (1). The level of Facebook addiction of the participant is the independent variable, while dependent variables are (spending daily more time on Facebook) and (Family's Relationship), which consists of three dimensions; child relationship, parental relationship, and marital relationship. This conceptual model posits that spending daily more times on Facebook leads to Facebook Addiction. It is also proposed that addiction to Facebook negatively affects the family's relationship between children, parents, and beloved one.

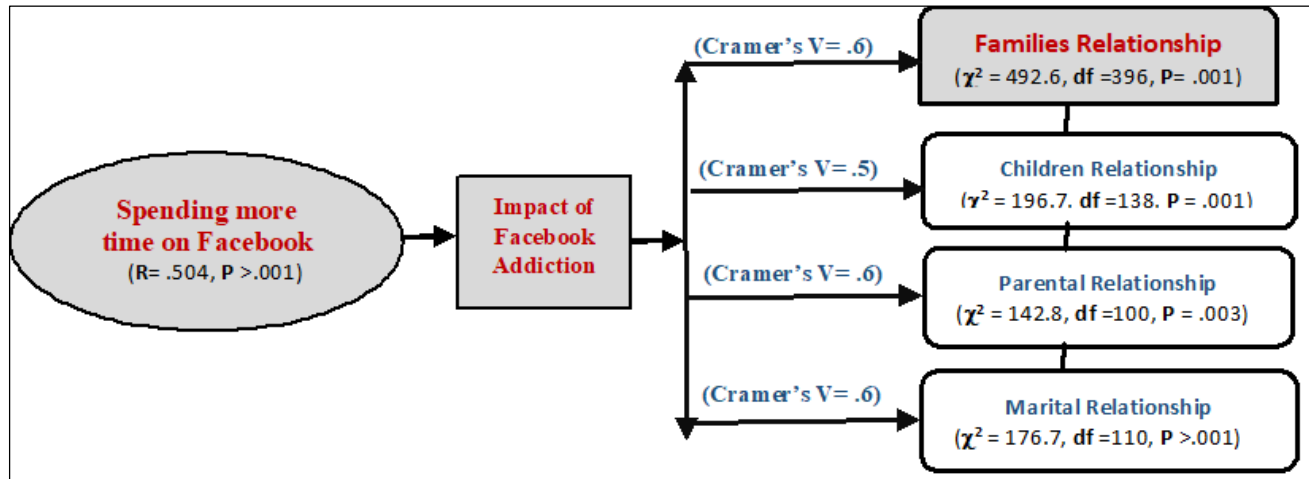


Figure 1. Conceptual Model - Source: Researcher.

4.6. Validity and Reliability

A pilot study was done to pretest the questionnaires, Feedbacks received from the pretest sample and incorporated into the questionnaire, also quality checks were undertaken to ensure that there is no missing information before administering the final copies. Cronbach's Alpha coefficient was used to test the reliability of the questionnaire. The value of consistency was: The internal consistency reliability of the conceptual: Impact of Facebook on Martial Relations (0.90). The internal consistency reliability of the conceptual: Impact of Facebook on Parental Relations (0.94). The internal consistency reliability of the conceptual: Impact of Facebook on Children Relations (0.91).

Regarding the Facebook Addiction Scale the Cronbach alpha for (BFAS) Andreassen et al., (2012) was (0.83), and the internal consistency reliability of the conceptual Facebook Addiction for the current study Cronbach's Alpha was (0.87). Which means that the psychometric properties of the Arab version of the Bergen Facebook Addiction Scale (BFAS) are being reliable and valid to be implemented in the Arab context country as well as approved by Ashraf Atta et al., (2016) study Cronbach's Alpha also was (0.87). Therefore, the author indorsed (BFAS) for the purpose of the current study as the first Arabic BFAS version study to measure the impact level of Facebook Addiction within Families Relationship.

Finally, Cronbach's Alpha is above (0.70) for all study variables (Travakol, 2011), which means that the values of variables' reliability are accepted and the questionnaire will achieve the objectives of the research.

4.7. Limitations of Research:

4.7.1. *The human domain:* one of the important Limitations of this study was a relatively small size of the sample, which consisted of Two hundred and twenty of individual from different families in the Jenin area. It stands for (55%) of the total number of whole Jenin population. This is due to the (35) cases that were excluded because of being unfilled sincere. Also, participants with missing values were exempted from data analysis. Thus In total, only (220) questionnaires were included in the analyses. Therefore, the study is only preliminary and cannot be generalized.

4.7.2. *The time domain:* this research was conducted from December 2016 to January2017 in Jenin area –Palestine.

5. Results of Data Analysis

5.1. Qualitative data finding of Participant's Characteristics:

All Information extracted and analyzed from SPSS version (24).

5.1.1. Theme One: Primary Characteristics

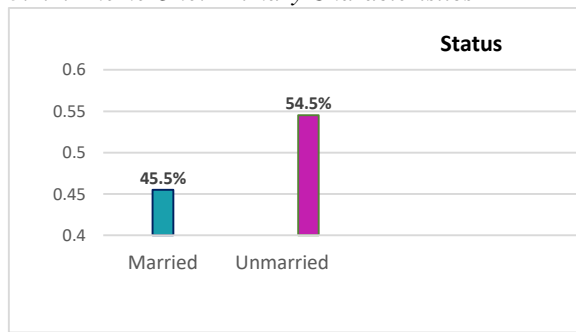


Figure 2. Status of Participants

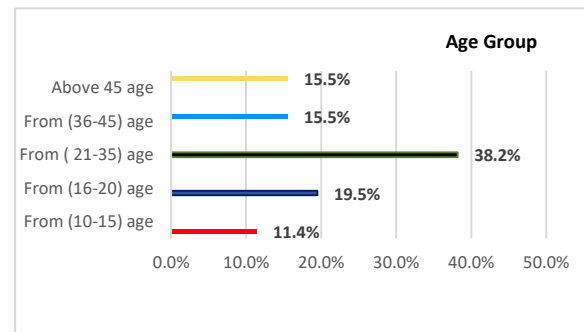


Figure 3. Age Group of Participants

Figure (2) shows the total information on the participant's marital status. Married participants represent (45.5%) from total sample study and unmarried Participants represent (54.5%) from the total sample study.

Figure (3) indicates an age group of participants. The majority of participants were (21 and 35) years old, which are (38.2%) percentages. On the contrary, the minority was in between (10 and 15) years old, they were (11.4%) percentages. Whereas the other age groups are between: (16 and 20) years old by (19.5%), (36-45) and (above 45) years old is count the same by a similar percentage of (15.5%).

5.1.2. Theme Two: Usage of Facebook

Table 1: Daily Facebook Usage of the Participants Profile

Daily Usage of Facebook					
Variables	Answers	Frequency	Percent	Mean	Std. Deviation
Daily Use	No	55	25.0		
	Yes	165	75.0	20.75	.434
	Total	220	100.0		
Time of Use Daily	Twice Per Day	56	27.2		
	Three Per Day	24	11.7		
	Four Per Day	22	10.7	4.85	2.245
	More than that	104	50.5		
	Total	206	100.0		
Hours of Use Daily	Less than 2 Hrs Per Day	99	45.8		
	Between (2-4) Hrs Per Day	66	30.6		
	More than 7 Hrs	22	10.2	39.76	20.760
	Between (5-7) Hrs Per Day	29	13.4		
	Total	216	100.0		

As we can see from the table 1, the majority of the total participants use Facebook daily ($M=20.75$, $SD=.434$) by (75%) percentage. Which means only (25%) percentage of total Participants uses Facebook weekly.

The daily time usage of Facebook denotes that the majority participants were (more than four times / per day) by (50.5%) percentages - ($M=4.85$, $SD=2.245$), which mean half of participants used Facebook daily more than four times per day. On the contrary, the minority was (four times / per day) by (10.7%) percentages. Whereas the other daily time usage of Facebook groups are: (Twice times per day) by (27.2%) percentage and (three times per day) by (11.7%) percentage.

In addition, the daily hours usage of Facebook group shows that the majority participants were (less than 2 hours per day) by (45.8%) percentage - ($M=39.76$, $SD=20.76$) which almost mean half of participants used Facebook less than 2 hours per day. On the contrary, the minority was (more than 7 hours per day) by (10.2%) percentages. Whereas the other daily hours usage of

Facebook groups are in between: (2-4 hours per day) by (30.6%) percentage and (5-7 hours per day) by (13.4%) percentage.

Table 2: Weekly Facebook Usage of the Participants Profile

Weekly Usage of Facebook					
Variables	Answers	Frequency	Percent	Mean	Std. Deviation
Time of Use Weekly		Twice Times Per Week	13	37.1	
		Three Times Per Week	9	25.7	3.34
		Four Times Per Week	9	25.7	
		More than that	4	11.4	
		Total	35	100.0	

Table 2 explicit, the average weekly time spent on Facebook shows that the majority of participants were (Twice a week)-(M=3.34, SD=1.552) by (37.1%) percentage. Whereas, the minority was (more than four times per week) by (11.4%) percentages. In addition, the other group average time weekly spent on Facebook was (three times per week) and (four times per week) is counting the same by a similar percentage of (25.7%).

5.1.3. *Theme Three: Facebook Addiction*; According to SPSS analysis the following results elaborate Facebook Addiction (FA) of Participants:

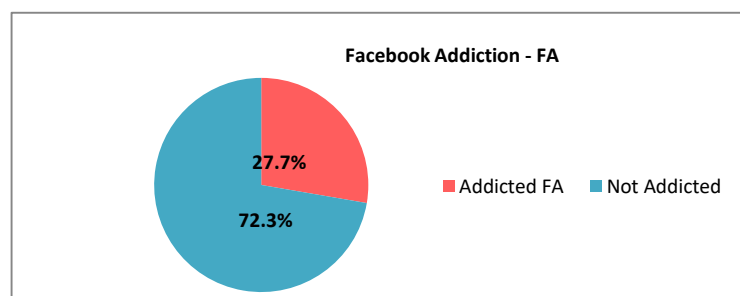


Figure 4. Facebook Addicted of Total Sample

Figure 4 as mentioned before, Facebook addiction was measured by the Bergen Facebook Addiction (BFAS) Scale. Facebook Addiction: The Bergen Facebook Addiction Scale (Andreessen et al., 2012) was developed to assess six core symptoms of addiction. It is six basic criteria, with participants asked to give one the following (5) responses to each one: (1) Very rarely, (2) Rarely, (3) Sometimes, (4) Often, and (5) Always. Suggesting that scoring "often" or "always" on at least three of the six criteria, definitely mean the individual using Facebook is addicting and have a (FAD) - Facebook addiction disorder. (27.7%) out of the total participants were addicted to Facebook which mean one fourth of the total sample participants were addicted.

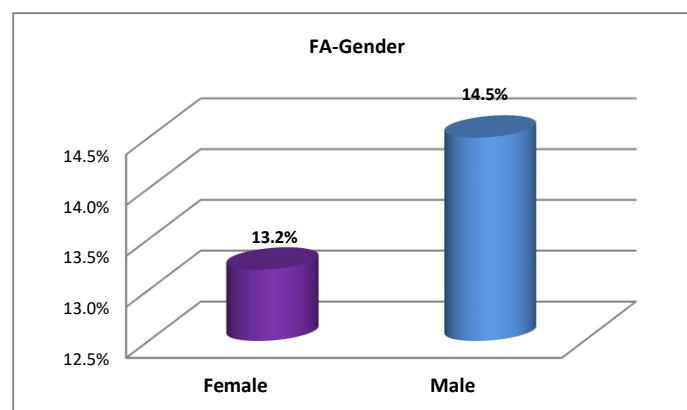


Figure 5. FA of Participants According to Gender

Figure 5 signifies the gender distributed for the participant's Facebook addicted: (14.5%) percentage for Male and (13.2%) percentage for the female which is almost closest from each other, but we can see that male shows more less addicted to Facebook than in female.

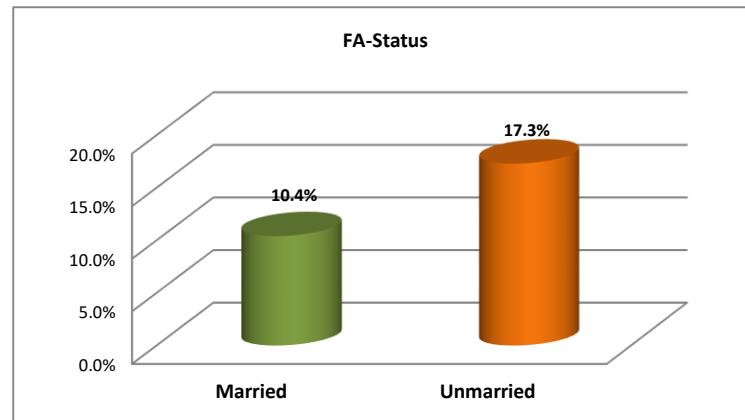


Figure 6. FA of Participants According to Status

Figure (6) shows Status distributed for the participant's Facebook addicted: (10.4%) percentage of Married participants and (17.3%) percentage for Unmarried participants, which is indicating that Unmarried participants show more addicted to Facebook than Married participants.

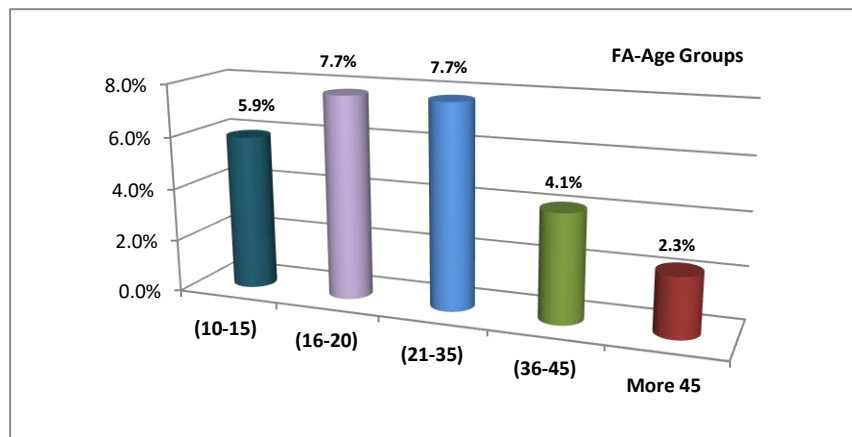


Figure7. FA of Participants According to Age Group

Figure (7) indicates the distribution of Facebook addiction among age groups. The majority addicted participants were from a participant's age group of (16-20) and (21-35) years old, and interestingly they have both the same percentage of (7.7%). While, age group's Participants of (10-15) years old were (5.9%). Whereas, participants from age group (36-45) years old represents (4.1%) percentage. And the minority age group of the whole sample was (2.3%) percentage from age group (above 45 Years old).

5.2. Second: Quantitative data finding of Testing Hypotheses.

5.2.1. Theme Four: results of Testing Hypotheses.

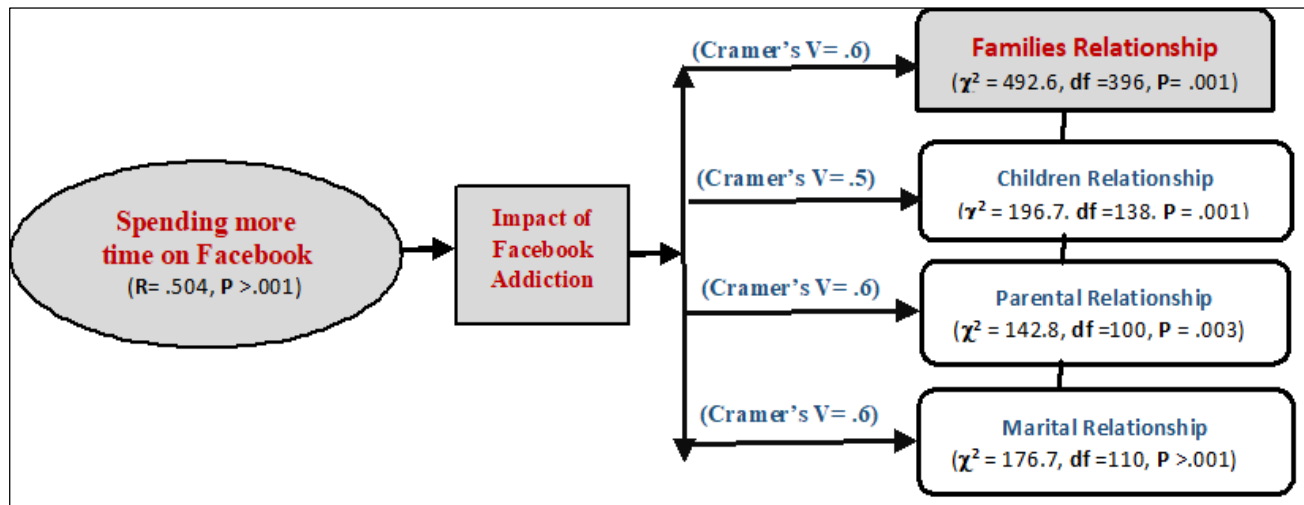


Figure 8. Hypotheses Results.

Table 3: Correlation Coefficients between (FA) and times spend daily on Facebook

		FA addicted	FaUs3
FA addicted	Pearson Correlation	1	.504**
	Sig. (2-tailed)		.000
	N	220	216
FaUs3	Pearson Correlation	.504**	1
	Sig. (2-tailed)	.000	
	N	216	216

**. Correlation is significant at the 0.01 level (2-tailed).

Table (3) The Pearson Correlation Coefficients test was used to test hypothesis, one (**H1: More hours spend daily on Facebook are significantly correlated to Facebook addiction**). Table 3 shows that there is a positive direct significant correlation between Facebook addiction and More hours spend daily on Facebook, ($P=.000$ - (p-value) is significant at (0.0) level (2tailed), suggesting a strong correlation between them (r – Pearson Correlation =.504). This direct positive relationship signifies that when the independent variable (More hours spend daily on Facebook) increases the dependent variable (FA- Facebook Addiction) also increase.

Table 4: The Relationship between (FA) and Families Relationship

Variable	Chi Value (χ^2)	Freedom Degrees (df)	Significance Level*	Significance Nature	Cramer's (V)
Family Relationship	492.6	396	$P=.001$	Significant	.6 Very High
Children Relationship	196.7	138	$P=.001$	Significant	.5 High
Parental Relationship	142.8	100	$P=.003$	Significant	.6 Very High
Marital Relationship	176.7	110	$P>.001$	Significant	.6 Very High

*Statistically significant at level (0.01) (2-tailed).

Illustrated the SPSS Pearson Chi-Square test is used to test the hypotheses; (H2, H3, H4, and H5) in order to examine the relationship between the variables as in table (4). The hypotheses tested result showed a strong significant association

exists between the two variables, dependent variables (family's relationship, marital relationship, child relationship, and parental relationship) and the independent variable (Facebook Addiction). As follows:

• **H2: Second Hypothesis**; the family relationship is significantly associated with Facebook Addiction. The results indicated that Facebook addiction and Family's relationship were very strong direct significant association ($\chi^2 = 492.6$, $df = 396$, $P = .001$), because the p-value $< \alpha$ (Asymp. Sig. (2-sided)). (Cramer's $V = .6$). Which approved the second hypothesis.

• **H3: Third Hypothesis**; Child relationship is significantly associated with Facebook Addiction. Yet, the results illustrated that Facebook addiction and Children with their Parental relationship were strong direct significant association ($\chi^2 = 196.7$, $df = 138$, $P = .001$), because the p-value $< \alpha$ (Asymp. Sig. (2-sided)). (Cramer's $V = .5$). Hence approved the third hypothesis.

• **H4: Fourth Hypothesis**; Parental relationship is significantly associated with Facebook Addiction. The results showed that Facebook addiction and Parent with their children relationship were very strong direct significant association ($\chi^2 = 142.8$, $df = 100$, $P = .003$), because the p-value $< \alpha$ (Asymp. Sig. (2-sided)). (Cramer's $V = .6$). Thus approved the fourth hypothesis.

• **H5: Fifth Hypothesis**; the marital relationship is significantly associated with Facebook Addiction. The results indicated that Facebook addiction and Couples with their Marital relationship were very strong direct significant association ($\chi^2 = 176.7$, $df = 110$, $P > .001$), because the p-value $< \alpha$ (Asymp. Sig. (2-sided)). (Cramer's $V = .6$). So approved the fifth hypothesis.

6. Discussion

The main aim of this study was to examine the effect of Facebook Addiction upon Families relationships among Palestinian families, suggesting being addicted to Facebook due to the excessive usage of Facebook. Also, one of the goals of this study was to investigate whether there were gender differences within Facebook addiction, and different age groups. As a result of the study all the five hypotheses were supported, as follows:

6.1. (Facebook Addiction, Usage of Facebook) and Hypothesis (H1):

The purpose of this study as stated before was to investigate the effect of the Facebook addiction phenomenon upon Palestinians family's relationship by conducting an Arabic version of the Bergen Facebook Addiction Scale (BFAS) as a psychometric validation instrument. The sample study was Palestinian Family members that use Facebook. Results of Statistical analyses kept in accordance with the: previous studies, Conceptual Model and verified hypotheses specifically hypothesis (H1).

Firstly, the findings of this study revealed that, (27.7%) of total participants were addicted to Facebook, which signify that more than quarter of whole sample study who excessively used Facebook and classified in the risk Area of being addicted. According to participant profile; (75%) use Facebook daily, (50.5%) access to Facebook more than four times/per day, (25.7%) of them use Facebook weekly between (3 to 4) times/per Week, and most of them (37%) use Facebook twice/week.

Thus, through the statistical analysis it could be inferred that there is a clear indication of excessive usage of Facebook Addiction for participants from the Jenin area in Palestine. In agreements with other studies; (Da Veiga, G.F et.al, 2019; Young, K. S, 1998;Przepiorka, A., & Blachnio, A.,2016; Alzougool, B.,2018); reported that excessive use and spent significantly more time on Facebook resulted in personal and family problems, identified and documented Facebook Addiction. Which approved in hypothesis (H1); The Pearson correlations showed that spending more hours on Facebook is positively correlated to Facebook addiction. When more hours spend daily on Facebook the (FA- Facebook Addiction) also increase. Which mean a participant who spend the largest amount of time on Facebook daily are addicted to Facebook. In relation to hypothesis (H1), a study by Brailovskaia, J., Rohmann, E., Bierhoff, H. W., & Margraf, J. (2018), revealed a significant positive association between Facebook flow and Facebook Addiction Disorder (FAD). Furthermore the research findings of Demirtaş Zorbaz, S., Ulaş, Ö., & Kızıldağ, S. (2015), observed that "game addiction increases as the amount of time spent on the computer increases. "

As further found in this study, in general, there is no clear gender difference in Facebook Addiction between the participants, likewise, (Ashraf Atta et al., 2016; Kimpton, M. et al., 2019; Alzougool, B., 2018), but it was a minimal difference; Male showed little more addicted (14.5%) than in Female (13.2%). This is because female engaged at their time in house cleaning and cooking work than male. According to Ashraf Atta et al., 2016, "This result might be interpreted in the sense that both sexes now have the same possibilities of succumbing to the abusive or addictive use of Facebook." Convergent with these findings a study by Yao, M. Z. et al., (2014) & Li, C., Dang, J. et al., (2014); declared that male is more prone to be addicted to the internet in internet gambling and games. Whereas other previous research emphasized that women are more addicted than men in using social media justifying that women are more emotional and socialized than men on chatting room and the group, as in the study conducted by (Steggink, B. W, 2015) & Andreassen, C. S., 2012).

Additionally, the present findings also indicated that; youngest age group is more compulsive to use Facebook, which mean they are more addicted; Facebook Addiction age group from (16-20) and (21-35) years old constituent the great percentage of (7.7%). This significant commitment to the excessive usage of Facebook regarding to the easy and qualified enough on computer skills and other internet web (2.0) application than other age group. Because specifically millennial generation is capable of using diverse internet application professionally. Consistent with this finding Przepiorka, A., Blachnio, A., (2016) & Alam, S. S. et al., (2014) claimed that young users are the major group of compulsive Internet usages, and are clearly greater at risk of Facebook Addiction. According to Przepiorka, A., & Blachnio, A. (2016), this compulsive internet and Facebook use is connected with the fact that, there are more young users than other age groups among internet users.

6.2. Testing Hypotheses (H2,H3,H4,H5), (Family's Relationship):

The results of hypotheses (H2, H3, H4, and H5) confirmed and proved the positive and significant impact of Facebook Addiction on a family's relationship. The most crucial significant impact was on parental and marital relationship. This significant impact represents the greatest time spending on the use of Facebook against the time spending with family members and children; resulting in neglected the duties of house work and caring for children from the parent role.

Xiuqin, H., et al. (2010); Yao, M.Z. et al. (2014); Wazi.T & Yousef, A., (2013) found that internet addiction associated with lower level in dedicating parenthood with lack of monitoring and negative responsibility of mothers and fathers, which widen the gap between their children and triggering the heat of parenthood. Without monitoring and supervising the children they became careless and less responsible. When children see their parents on the Facebook they will do the same manner and become a prey of Facebook addiction, resulting in isolation from home environment and social being of the normal family relationship. In agreement with this, the study of Li, C., Dang, J., Zhang, X., Zhang, Q., & Guo, J. (2014), illustrated that Adolescents who experience more of negative parental behavior and less self-control on Internet Addiction are more likely to addict to Internet.

Although most of previous literature reviews illustrated the negative impact of Facebook Addiction on academic performance and the wellbeing of the children, this study found a positive significant impact of children-parental relationship due to Facebook Addiction.. In relation to this extension, a study by (Young, K. S., 1998 & Elgendi, H., 2015: explored that: impulsive usage of Facebook causes weak bonding with family, ignoring family members, health disorders and disagreements with family and eventually disrupted parent-child relationships and socially altering the traditional familial systems. Also, Ali, A., & Lodhi, R. N. (2017) claimed that, "Facebook addiction has not only severe effects on the personal life of addict students but also on the lives of their family members as well."

Further results of the study revealed a positive significant impact of Facebook addiction upon a couple's relationship; indicated insufficient in the emotional relationship between the couples by the excessive use of Facebook which leads to less confident with partners and arise marital disputes that lead to cheating sometimes and ending in divorce and separation. These results align with previous researches; Eslamzadeh, B., et al., (2015); Abbasi, I. S. (2019); Clayton, R.B et al. (2013); which found that Addiction of Facebook and Social Network sites is associated and have issues related to infidelity behaviours: family scale and marital commitment, negative relationship outcomes that leading to breakup and getting divorced or being cheated. In addition to this, the findings of the study of Irani, Z. B., & Rezaei, T. (2018), showed that "there is a significant and inverse relationship between social networks and marital relationships and quality of life of

couples.” Other study by Kiogora, C. K. (2018) showed that, “time spent on Social Networking Sites (SNS) had a positive correlation to experiencing negative effects on marital consensus, cohesion and satisfaction.” It demonstrated that, “more time spent on SNS reduces the quality time couples would have had together, which implies that the relationship begins to have problems like suspicion for one another, mistrust and emotional disconnectedness as a result of increased SNS usage. Hence, it is apparent that the findings of this study provided evidence that more time spend on Facebook (Excessive usage of Facebook) lead to Facebook Addiction, and revealed that Facebook Addiction has a severe impact on Family bonds as whole; between parents, children, and the couple’s relationship.

7. Implications:

The results of this study make several new key implications contributions to the emerging body of knowledge about the negative effect of Facebook addiction on individuals. **Firstly**, although there has been numerous studies investigating the effects of Facebook addiction on personality traits, mental health, and performance of individuals, this is the first Arabic study to investigate the effect role of Facebook Addiction on the relationship between family members among public people. In fact, most studies related specifically to the addiction of Facebook, only with youth participants and University Students neglecting other age groups of the general public. Examining the effecting role of Facebook Addiction upon the relationship between parents towards their children, and between children towards their parents, also between the couple’s relationship, improve our perspective and awareness about how Facebook addiction influences the ties between family members and how this new kind of addiction changing and altering the familial system. The finding of this study shows that Facebook addiction has a crucial effect on the whole family relationship. So this research fills this gap in the literature.

Secondly, this study extends the Facebook addiction research by demonstrating of being a prey to Facebook Addiction due to the excessive usage of it without aware of such kind of Addiction. The result of the study indicated that the more one uses Facebook very much daily the more prone one is to be addicted. **Thirdly**, while the extant literatures has explored gender disparity within Facebook addiction, results in this study indicated minimal differ between the both gender (male and female) which almost not to mention that it is a main difference.

Finally, since there is a scarcity researches in the effect of Facebook addiction upon the family relationship between ordinary individuals, specifically in Arab country context. This study has an important contribution to the literature on the effect of Facebook Addiction because it is the first attempt to present a comprehensive approach by demonstrating quantitative model and qualitative analysis regarding participant’s Facebook Addiction and primary characteristics that describing the association among Facebook addiction, intensive use of Facebook, and family’s relationship among Palestinian Facebook users; and studies related to that approach as highlighted in the literature review are rare. Moreover, this study has a novel approach in measuring the impact level of Facebook Addiction upon Family’s Relationship in Arabic Palestinian (BFAS) version. The results approved and reported an adequate validity and Reliability of the Palestinian version of the Bergen Facebook Addiction Scale (BFAS) at Cronbach ($\alpha=0.87$). As well as, the Arab version (BFAS) by the study of Ashraf Atta et.al, 2016. Cronbach ($\alpha=0.87$), which is compatible with the original version of (BFAS) Andreassen et al, (2012) Cronbach alpha was (0.83),

8. Conclusion

According to the aforementioned discussion and the results of this study; it is clearly indicated that Facebook Addiction has a strong impact upon Palestinian Family’s relationship. In Particular, the most significant impact was on marital status, parental relationship, and families in general. Which mean parents and couples have a huge role towards their children responsibilities and their beloved one, and have to be the ideal model to them, in order to transfer to them a right message about healthy using of Facebook and the important of family relationship.

Among participants; (27.7%) were addicted to Facebook and (75%) of Palestinian families use Facebook daily and (50.5%) access to Facebook more than four times/per day, which indicating they were relatively heavy users and almost always logged in. The study also highlights that adult age group and unmarried participants were more prone to be addicted

to Facebook. This could be explained by the fact that adults are more engaged in Web 2.0 application and interested in new technologies than other age groups, and unmarried participants have no obligations like married one.

In conclusion, it seems quite logical that excessive Facebook usage seriously affects addicts' family relationship. Facebook Addiction is a severe growing dilemma among Palestinian Families not just a worrying manner or a habit of use, but also a serious new form of cyber-psychology disorder that has a tangible effect on the daily lives of Families. Therefore, there is a need to act earnestly towards combating and alleviating the Facebook Addiction phenomenon.

9. Recommendations

Although the habit of Facebook cannot be abstain because it is considered as a double-edged sword due to the cons and pros that it has, and on the way how individuals use it. Somehow it must be manageable. In light of the results and conclusions of the study some recommendations were forwarded. Awareness must be raised about the negative impact of excessive usage of Facebook in an individual's life and be aware that Facebook addiction is a kind of addiction disorder like substance addiction that must be solved. This awareness can be done through; seminars, workshops, therapeutic interventions, marriage counsellors, and psychotherapists.

In order to avoid excessive Facebook usage; individuals should have self-management on how much time spend on Facebook and put a limit. It is further recommended to learn addicted individuals, especially young ages, about how to value offline world by inducing them to engage in different social activities like: training courses, music lessons, playing sports, community services, mingling with friends, etc., and most importantly dedicating free time for resting, relaxing, and going out with family, especially on the weekend.

10. Future Research Directions

As the excessive usage of Facebook grows rapidly, more research is needed to be done on this Dilemma globe in a wide range and cover a comprehensive sample study size in order to validate and generalize the findings. The study could also pave the way to more studies on investigation of the underlying reasons for being addicted, to better comprehend the risk of escalations of Facebook Addiction Disorder (FAD), as well as developing solutions and remedies to mitigate and manage this Addiction. Consequently, it is necessary to adopt a longitudinal approach that both uses quantitative and qualitative methods technique such as: questionnaire, focus group discussion, and minute meetings, etc. for better understanding in depth of this phenomenon.

Disclosure Statement

The Author declare no conflict of interest. And this research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

References

- Abbasi, I. S. (2019). Social media addiction in romantic relationships: Does user's age influence vulnerability to social media infidelity? *Personality and Individual Differences*, 139, 277-280.
- Al Samurai, H. A. M. (2013). Modern means of communication and their impact on the family. *Journal of The Iraqi University*, 31(2).
- Alam, S. S., Hashim, N. M. H. N., Ahmad, M., Wel, C. A. C., Nor, S. M., & Omar, N. A. (2014). Negative and positive impact of internet addiction on young adults: Empericial study in Malaysia. *Intangible Capital*, 10(3), 619-638.
- Ali, A., & Lodhi, R. N. (2017). How facebook addiction affects the personal life of addict students and their family: A case study of Pakistan. *Paradigms*, 11(2), 184-189.
- Al-Khaddam, H. K. (2013). Impact of social networks on interpersonal communication of the students University College Irbid Girls: Facebook as a model. *Cross-Cultural Communication*, 9(5), 17-22.

- AlShahry, H. (2012). The Effects of Using Electronic Social Networks on Social Relationships" Facebook and Twitter as Example": A Survey Study on a Sample of King Abdul Aziz University Students in Jeddah. *Unpublished Master thesis*). King Abdul Aziz University, KSA.
- Alzougool, B. (2018). The impact of motives for Facebook uses on Facebook addiction among ordinary users in Jordan. *International Journal of Social Psychiatry*, 64(6), 528-535.
- American Psychiatric Association, D. S. M. T. F., & American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders: DSM-5* (Vol. 5, No. 5). Washington, DC: American psychiatric association.
- Andreassen, C. S., Griffiths, M. D., Gjertsen, S. R., Krossbakken, E., Kvam, S., & Pallesen, S. (2013). The relationships between behavioral addictions and the five-factor model of personality. *Journal of behavioral addictions*, 2(2), 90-99.
- Andreassen, C. S., Torsheim, T., Brunborg, G. S., & Pallesen, S. (2012). Development of a Facebook addiction scale. *Psychological reports*, 110(2), 501-517.
- Aziz, N. N. A., Sallehuddin, I. S., Hassan, N. A., & Buhari, N. (2016). DISCONNECTED MARRIAGE, CONNECTED INTERNET: EXPLORING THE INTERNET ADDICTION AMONG MARRIED MEN AND WOMEN IN SELANGOR, MALAYSIA. *Journal of Education and Social Sciences*, 5(2), 157-165.
- Benti, D. M., Garuma, D., & Tena, T. (2019). The Relationship between Technology Usage and Marital Conflicts among Young Married Couples in Jimma Town. *International Journal of Multicultural and Multireligious Understanding*, 5(6), 172-181.
- Brailovskaia, J., Rohmann, E., Bierhoff, H. W., & Margraf, J. (2018). The brave blue world: Facebook flow and Facebook Addiction Disorder (FAD). *PloS one*, 13(7).
- Burke, M., Kraut, R., & Marlow, C. (2011, May). Social capital on Facebook: Differentiating uses and users. In *Proceedings of the SIGCHI conference on human factors in computing systems* (pp. 571-580).
- Chasombat, P. (2015). Facebook effects on interpersonal communication: Study on Thai young adult. *Journal of Public and Private Management*, 22(1), 45-45.
- Chou, C. (2001). Internet abuse and addiction among Taiwan college students: An online interview study. *CyberPsychology and Behavior*, 4 (5), 573-585
- Clayton, R. B., Nagurney, A., & Smith, J. R. (2013). Cheating, breakup, and divorce: Is Facebook use to blame? *Cyberpsychology, Behavior, and Social Networking*, 16(10), 717-720.
- Da Veiga, G. F., Sotero, L., Pontes, H. M., Cunha, D., Portugal, A., & Relvas, A. P. (2019). Emerging adults and Facebook use: the validation of the bergen Facebook addiction Scale (BFAS). *International Journal of Mental Health and Addiction*, 17(2), 279-294.
- Das, B., & Sahoo, J. S. (2011). Social networking sites: a critical analysis of its impact on personal and social life. *International Journal of Business and Social Science*, 2(14), 222-228.
- Douglas, A. C., Mills, J. E., Niang, M., Stepchenkova, S., Byun, S., Ruffini, C.,... & Blanton, M. (2008). Internet addiction: Meta-synthesis of qualitative research for the decade 1996–2006. *Computers in human behavior*, 24(6), 3027-3044.
- Echeburúa, E., & De Corral, P. (2010). Adicción a las nuevas tecnologías ya las redes sociales en jóvenes: un nuevo reto. *Adicciones*, 22(2), 91-95.
- Elgendi, H. (2015). The effect of Facebook on college students. *International Journal of Networks and Communications*, 5(2), 37-40.
- Eslamzadeh, B., Esmaily, M., & Somaye, K. (2015). The mediation role of internet addiction between social support of family scale and marital commitment. *J Chem Pharm Res*, 7(8), 935-41.
- Griffiths, M. (2005). A 'components' model of addiction within a biopsychosocial framework. *Journal of Substance use*, 10(4), 191-197.
- Griffiths, M. D. (2013). Social networking addiction: Emerging themes and issues. *Journal of Addiction Research & Therapy*, 4(5).
- Guedes, E., Nardi, A. E., Guimarães, F. M. C. L., Machado, S., & King, A. L. S. (2016). Social networking, a new online addiction: a review of Facebook and other addiction disorders. *MedicalExpress*, 3, M160101.

- Irani, Z. B., & Rezaei, T. (2019). The effects of social networking on marital relationships and couples quality of life (Case study: Couples of social networking members in Shiraz). *Journal of Social Sciences and Humanities Research*, 7(02), 54-60.
- Kanter, M., Afifi, T., & Robbins, S. (2012). The impact of parents “friending” their young adult child on Facebook on perceptions of parental privacy invasions and parent–child relationship quality. *Journal of Communication*, 62(5), 900-917.
- Ketari, L. M., & Khanum, M. A. (2013). Impact of Facebook usage on academic grades: A case study. *Journal of Computing*, 5(1), 44-48.
- Kiogora, C. K. (2018). *The Influence of Usage of Selected Social Networking Sites on Marital Quality among Married Couples: A Case of Some Citam Assemblies in Nairobi County, Kenya* (Doctoral dissertation).
- Li, C., Dang, J., Zhang, X., Zhang, Q., & Guo, J. (2014). Internet addiction among Chinese adolescents: The effect of parental behavior and self-control. *Computers in Human Behavior*, 41, 1-7.
- Luciana, R. P. (2010). One minute more: Adolescent addiction to virtual world. *Procedia-Social and Behavioral Sciences*, 2(2), 3706-3710.
- Malik, S., & Khan, M. (2015). Impact of Facebook addiction on narcissistic behavior and self-esteem among students. *J Pak Med Assoc*, 65(3), 260-263.
- Modi, Y. A., & Gandhi, I. S. (2014). Internet sociology: Impact of Facebook addiction on the lifestyle and other recreational activities of the Indian youth. In *SHS Web of Conferences* (Vol. 5, p. 00001). EDP Sciences.
- Nithin. (2012). *Era of cyber widows*. Retrieved from <https://www.indiastudychannel.com/resources/155930-The-era-of-cyber-widows.aspx>
- Nomar, M. (2011). *The use of social networking sites and its impact on social relationships* (Doctoral dissertation, MA Dissertation. University of El Haj Lakhdar, Algeria).
- Padilla-Walker, L. M., Coyne, S. M., & Fraser, A. M. (2012). Getting a high-speed family connection: Associations between family media use and family connection. *Family Relations*, 61(3), 426-440.
- Przepiorka, A., & Blachnio, A. (2016). Time perspective in Internet and Facebook addiction. *Computers in Human Behavior*, 60, 13-18.
- Rachlin, H. (1990). Why do people gamble and keep gambling despite heavy losses. *Psychological Science*, 1, 294–297.
- Salem, A. A. M. S., Almenaye, N. S., & Andreassen, C. S. (2016). A psychometric evaluation of Bergen Facebook Addiction Scale (BFAS) of university students. *International Journal of Psychology and Behavioral Sciences*, 6(5), 199-205.
- Salem, F. (2017). Social media and the internet of things towards data-driven policymaking in the Arab world: potential, limits, and concerns. *Arab Social Media Report*.
- Sharaievska, I. (2012). *Family and marital satisfaction and the use of social network technologies*. University of Illinois at Urbana-Champaign.
- Shaw, M., & Black, D. W. (2008). Internet addiction. *CNS drugs*, 22(5), 353-365.
- Steggink, B. W. (2015). *Facebook addiction: where does it come from?: a study based on the Bergen Facebook Addiction Scale* (Master's thesis, University of Twente).
- Tang, J. H., Chen, M. C., Yang, C. Y., Chung, T. Y., & Lee, Y. A. (2016). Personality traits, interpersonal relationships, online social support, and Facebook addiction. *Telematics and Informatics*, 33(1), 102-108.
- Travakol, M., & Dennick, R. (2011). Making Sense of Cronbach’s alfa. *International Journal of Medical Education*, 2(5), 53-55.
- Turel, O., Brevers, D., & Bechara, A. (2018). Time distortion when users at-risk for social media addiction engage in non-social media tasks. *Journal of psychiatric research*, 97, 84-88.
- Turel, O., Serenko, A., & Bontis, N. (2011). Family and work-related consequences of addiction to organizational pervasive technologies. *Information & Management*, 48(2-3), 88-95.
- Walker, M. B. (1989). Some problems with the concept of “gambling addiction”. Should theories of addiction be generalized to include excessive gambling? *Journal of Gambling Studies*, 5, 179–200.
- Walters, G. D. (1996). Addiction and identity: Exploring the possibility of a relationship. *Psychology of Addictive Behaviors*, 10(1), 9.

- Wasiński, A., & Tomczyk, Ł. (2015). Factors reducing the risk of internet addiction in young people in their home environment. *Children and Youth Services Review*, 57, 68-74.
- Wazi.T & Yousef. A, (2013). Means of modern technology and its impact on communication between parents and children: Internet and mobile phone as a model.
- Xiuqin, H., Huimin, Z., Mengchen, L., Jinan, W., Ying, Z., & Ran, T. (2010). Mental health, personality, and parental rearing styles of adolescents with Internet addiction disorder. *Cyberpsychology, Behavior, and Social Networking*, 13(4), 401-406.
- Yao, M. Z., He, J., Ko, D. M., & Pang, K. (2014). The influence of personality, parental behaviors, and self-esteem on Internet addiction: a study of Chinese college students. *Cyberpsychology, Behavior, and Social Networking*, 17(2), 104-110.
- Young, K. (2009). Internet addiction: diagnosis and treatment considerations. *Journal of Contemporary Psychotherapy*, 39(4), 241-246.
- Young, K. S. (1996). Psychology of computer use: XL. Addictive use of the Internet: a case that breaks the stereotype. *Psychological reports*, 79(3), 899-902.
- Young, K. S. (1998). Internet addiction: The emergence of a new clinical disorder. *Cyberpsychology & behavior*, 1(3), 237-244.
- Zaremozhzabieh, Z., Samah, B. A., Omar, S. Z., Bolong, J., & Kamarudin, N. A. (2015). Addictive Facebook use among university students. *arXiv preprint arXiv:1508.01669*.
- Zorbaz, S. D., Ulas, O., & Kizildag, S. (2015). Relation between video game addiction and interfamily relationships on primary school students. *Educational Sciences: Theory & Practice*, 15(2).
- Zorbaz, S. D., Ulas, O., & Kizildag, S. (2015). Relation between video game addiction and interfamily relationships in primary school students. *Educational Sciences: Theory & Practice*, 15(2).