

## Risk of addiction to Facebook among Medical University students in Białystok, Poland

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**A**- Conception and study design ; **B** - Collection of data; **C** - Data analysis; **D** - Writing the paper; **E**- Review article; **F** - Approval of the final version of the article; **G** - Other

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### ABSTRACT

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**Introduction:** Facebook is the most popular social-networking website in the world. It is estimated that it currently has more than 350 million users worldwide.

**Purpose;** To assess the risk of addiction to Facebook the risk of addiction to Facebook among students of the Faculty of Health Sciences at the Medical University of Białystok in Poland.

**Materials and methods:** This study included 440 student Facebook users. The original survey, the Satisfaction with Life Scale (SWLS) as well as a Self-Assessment Test were used (FAT).

**Results:** Twenty-seven percent of the sample have had Facebook accounts for one to two years. Forty-five percent of the respondents had 91 to 300 Facebook friends. Ninety-four percent of the respondents reported that they do not think about Facebook when they are disconnected from it. A

similar number of students reported that it is possible for people to become addicted to Facebook. Forty-seven percent of the respondents were convinced that they would be able to recognize a Facebook addict. The average number of points scored on the FAT test was  $16.2 \pm 21.1$  points; the average on the self-assessment was  $44.7 \pm 20.1$  points; the average on SWLS scale was  $15.3 \pm 5.24$  points. Five percent of students demonstrated features of Facebook addiction as well as low self-esteem and life satisfaction.

**Conclusions:** Problematic use of Facebook affected a small percentage of respondents who had low self-esteem and self were dissatisfied with their lives.

**Keywords:** Facebook, self-esteem, life satisfaction, students

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