



# Self-esteem and Facebook Utilization

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## Abstract:

Facebook is one of the biggest and popular social networking sites all over the world. With this advancement, Facebook had becoming more and more popular among students. They usually use Facebook for communication, school purposes, for entertainment, for building relationships, to meet new friends, get some transaction through online selling and can get information from it. This research study was established to know the effects of Facebook utilization to the self-esteem of the senior high students. The study was conducted at Jagobiao National High School located in North Road, Jagobiao Mandaue City with a total of 100 chosen students in senior high school department. A survey questionnaire used to gather and collect data from the participants. Pearson r was used in testing the research. The purpose of this research is to assess the self-esteem and the students level of attitude towards Facebook usage. However, the study also revealed that there is an equal significant self-esteem between the usage of Facebook in students. To this end, the researcher recommended that the students was continuously monitored by teachers and parents on how to properly use the Facebook. To maintain the balance of self-esteem and the usage of Facebook also to avoid low self-esteem.

**Keywords:** Facebook utilization, Self-esteem, Level of attitudes

## I. INTRODUCTION

Social Networking Sites (SNS) like Facebook had become more popular in the whole world. Since then Facebook had become a major part of the people lives especially the lives of the youth. Many of the teenagers use Facebook for building relationships, communication, sharing and gaining knowledge and information. People develop themselves and are able to see by the people through posting on these sites. Facebook has attracted a big amount of people every day. Many people are gradually getting addicted to it because it is a great social networking site for users to stay in touch with friends and family members (Omolayo, Balugon, and Omole, 2013). According to Jan, Soomro, and Ahmad (2017), the self-esteem of such people gets negatively affected. Since Facebook is growing in almost every country in the world. It is impossible for the students to take them away from using Facebook in every long time. Children should be taken to awareness programs where they are guided about self – esteem. Parents should limit or check their children in using social media and raised awareness for their children regarding the negative effects of using Facebook [337]. The more that people uses Facebook as a means of social interaction, the greater the frequency of their interaction with friends will be which in turn will have a positive impact on their self-esteem and their satisfaction with life. It explains that mostly young people has more prevalence in using Facebook. Students can bring satisfaction and well-being because they have friends to rely, to share their feelings. Mostly of the students uses social networking sites such as Facebook to be able to communicate with their peer group. Barker (2009) said that Facebook positively affecting self-esteem of the student because they can communicate through social network sites freely anytime. The purpose of this study is to find out the association or correlation the usage of Facebook affects the self – esteem of the students.

## II. STATEMENT OF THE PROBLEM

This study intends to asses. Further study intends to answer the following sub-problems;

1. To what extent is the degree of self-esteem of the students? :
2. To what extent is the level of attitude of the students towards the usage of Facebook? :
3. Is there a significant a relationship between the level of self-esteem and extent usage of Facebook?

## III. SIGNIFICANCE OF THE STUDY

In understanding of the specific issues related to the self-esteem and Facebook utilization; this study would be beneficial to the following; students, teachers, researchers and future researchers. The students shall benefit to this study because they will be aware of the positive and negative effects of the excessive use of Facebook. Parents shall control or monitor their children in using Facebook and they can also raise awareness to their children for the negative or positive impact of using Facebook and make them become responsible Facebook users. The teachers shall create a strategy in teaching students to sustain interest to listen and learn their daily lesson. Researchers and future researchers shall benefit because this study can provide baseline data needed for the future researchers and studies related to this one.

## IV. DEFINITION OF TERMS

**Self - esteem.** It was used to describe the positive and negative behavior of the students in using Facebook.

**Facebook Usage.** It is used to gain more friends for communication and also to increase the level of self-confidence of an individual.

## V. REVIEW RELATED LITERATURE

Facebook facilitates communication, social interactions and building new relationships. It gives location to the users to trace those people they want to find through posting and (Capua, 2012) find people in the past and find information from strangers because it is capable to use in socializing or interacting people for belongingness (Seidman, 2012). They

used these certain app like other people does (Kariou, Antonio, Babetos. and Athanasions, 2016). SNS mostly used by a peer group as a communication and results into positive effect on their self-esteem (Barker, 2009). According to Camilia, Ibrahim, and Dalhaty (2013), there is a need to balance between the use of social networking sites and studies it is because students are seems using the social networking sites even in the lecture hour while lectures are going on. In addition, Wang, Chen and Liang (2011), it was stated in their study that social media is attractive it does not only provide the students another would to make friends, and also provide a release of pressure. People who are actively using Facebook may help increase the self-esteem of the students related to the frequency of interaction(Omolayo, Balogun, and Omole, 2013) reminds students of their social connections as well as developing better self-esteem (Kim, and Lee, 2011; Cho and Jun, 2016) ; diverted them from being addicts on Facebook and (Blanchnio, Przepiorka, and Pantic, 2006), become confident with socialization through the net (Omolayo, Balogun, and Omole, 2013).Students being active in interacting with their friends online may build social relationship but leave when become jealous of their friend accomplishments (Lee et. al., 2015). Social acceptance triggered students to use Facebook extensively (Ainin, Naqshbandi, Moghavvemi, and Jaafar, 2015). However, internet activity can make users realize social difference which may lead to rejection and low self-esteem deterioration(Faraon, and Kaipunan, 2014).Other people can be negatively affected in using Facebook because of their insecurities on the lifestyle and affluence or graces (Jan, Soomro and Ahmad, 2017). Facebook increases popularity of a person through revealing information such as posting pictures, chatting and discussing with friends and shares their personal interest about themselves (Christofides, Muise and Desmarcus, 2009). When adolescents received feedback it may affect their self-esteem. If it is positive feedback it may lead to increase their self-esteem but when they received negative impact it may also lead to decrease their self-esteem (Valkeburg, Peter and Schouten, 2006). Students who has lower self-esteem may faced difficulties in approaching people and cannot form or build relationships but prefer to engage with their close friends alone (Steinfeld, Ellison and Lampe, 2008).Being shy to have contacts to many people around him or her. A student still used Facebook as a tool to build relationships and gain more confidence and can lessen their shyness limited to Facebook (Orr, Sisic, Ross, Simmering and Arseneault, 2009). On one hand, older people uses does less on Facebook unlike the younger, they abused to use the Facebook (McAndrew, and Jeong, 2012). The internet has newly created tool such as Facebook but negatively affect their self-esteem (Gonzales and Hancock, 2011). Mediating variables may have influence self – esteem (Shaw and Gant, 2002) higher level of communication correlating with the Facebook user to be addicted (Ehrenberg, Jukes, White, and Walsh, 2008).Complements from other user triggers narcissistic tendencies but sometimes negatively related (Carpenter, 2012). It may have a positive effect on passive and active users (Al-Ghafri and Al-Badi, 2016). Offline popularity is part of increasing the self-esteem of students but Facebook popularity can use to interaction (Zywica and Danowski, 2008). Self-regulation in the usage of Facebook is needed so that indescribable effect on academic performance shall avoided (Rouis, 2011). Facebook have a positive effect on development because student can use the Facebook communicate their friends and help the students to aware and resolve key developmental issues that will occur in their environment (Pempek, Yermolayeva and Calvert, 2009). Facebook has a positive effect in relationships to interact with

others, it is also useful for being informed about social event to maintain old and to create new relationship (Kalpidou, Costin, and Morris, 2011).

This study is aimed to explore whether Facebook positively or negatively affects a student's self-esteem, and to assess the level of attitude of the students towards usage of Facebook.

## **VI. RESEARCH METHODOLOGY**

This chapter discusses the methods utilized by the researcher, the environment of the research, the respondents of the study, the instrument of the survey, the collection of data, and the type of data analysis.

### **Design**

The quantitative approach – descriptive survey is utilized by the researchers it includes the research process and analysis of data. It was used in gathering data on the self – esteem and Facebook utilization with the use of survey questionnaire.

### **Respondents**

The researchers have chosen a total of 100 students. The randomly selected respondents come from Senior High School Department – Jagobiao National High School Department.

### **Locale**

The researchers will conduct this research in Jagobiao National High School located in North Road, Jagobiao, Mandaue City.

### **Instrument**

The researchers made a survey questionnaire that consists of two parts: (1) the degree of self – esteem of the students (2) the level of attitude of the students towards the usage of Facebook. The survey questionnaire was based on the researcher perception and statement of the problem on this study.

### **Gathering Data**

The researchers submitted a transmittal letter to the head of the school to ask for an approval for the survey to be conducted in Jagobiao National High School – Senior High School Department. The survey was done last October 9, 2018. The researcher distributed the survey sheet to the respondents and allowed them to answer freely. After answering, the questionnaires were collected and analyzed by the researchers. There are 100 respondents who answered the questionnaires.

### **Statistical Treatment**

Pearson r- is computing the correlation between the degree of self – esteem of the students and the level of attitudes towards the usage of Facebook. The variables x and y are said to be the deviation of the weighted mean.

## **VII. PRESENTATION OF DATA, ANALYSIS & INTERPRETATION**

This chapter presents the findings, analysis, discussion and interpretation of data gathered wherein the objective is to find out the degree of self – esteem and the level of attitudes of the students towards the usage of Facebook.

**Table.1. Weighted Mean of the Degree of Self – esteem**

Statement	Weighted Mean	Interpretation
1 .I feel that I'm a person of worth, at least on an equal plane with others.	3.16	Neutral
2. I feel that I have a number of good qualities.	3.30	Neutral
3. All in all, I am inclined to feel as most other people.	2.48	Disagree
4. I am able to do things as well as most other people.	3.24	Neutral
5. I feel like I don't have much to be proud of.	2.69	Neutral
6. I take a positive attitude towards myself.	3.29	Neutral
7. On the whole, I am satisfied with myself.	3.15	Neutral
8. I wish I could have more respect for myself.	3.17	Neutral
9. I certainly feel useless at times.	2.84	Neutral
10. At times, I think I am no good at all.	2.73	Neutral
Overall Weighted Mean	3.00	Neutral

*N=100 Legend: 4-Strongly agree 3-Agree 2- Disagree 1- Strongly disagree*

The statement “All in all, I am inclined to feel as most other people” has a weighted mean 2.48 interpreted as disagree because students has a low self – esteem in terms of the usage of Facebook. The remaining statements are all interpreted as neutral because the usage of Facebook may affect positively or negatively to the self – esteem of the students. However, the average weighted mean is 3.38 (Neutral) which means that the degree of self – esteem of the students in usage of Facebook has an equal impact. According to Gonzales, Hancock (2011), students who digitally mediated by the environment can have a positive influence on self – esteem but it can also have a negative influence because of insecurities.

**Table.2. Level of Attitude towards the Usage of Facebook**

Statement	Weighted Mean	Interpretation
1. I use Facebook.	4	Agree
2. I use Facebook to better understand the interest and activities of my friends.	3.74	Neutral
3. Facebook accurately displays my relationships with others.	3.01	Neutral
4 .I use privacy settings to select the parts of my profile I share with others.	3.69	Neutral
5. I use Facebook Lists to create a different levels for friends like “close friends”, “hometown friends”, “college friends” and etc.	2.98	Neutral
6. Facebook helps me feel closer to my friends.	3.08	Neutral
7. Facebook is part of my everyday activity.	2.96	Neutral
8. I am proud to tell people that I'm on Facebook.	2.73	Neutral
9. Facebook has become part of my daily routine.	3.85	Neutral
10. I feel out of touch when I haven't logged onto Facebook for a while.	3.99	Neutral
Overall Weighted Mean	3.40	Neutral

*N=100 Legend: 4-Strongly agree 3-Agree 2- Disagree 1- Strongly disagree*

The highest statement of level of attitude towards the usage of Facebook, “I use Facebook” has a weighted mean of 4 because many of the students already used Facebook for purpose like communication. However, the average weighted mean is 3.38 (Neutral) which means that respondents did not agree or disagree with the statements. The study revealed the negatively and positively effect on the level of attitude towards the usage of Facebook. According to Galgao (2015), Facebook becomes an integral part of the student lives.

**Table.3. Correlation between Degree of Self – esteem and Level of Attitudes towards Usage of Facebook**

	Degree of Self – esteem	Level of attitude	Interpretation
<b>Mean</b>	3.14	3.27	Neutral
<b>Standard Deviation</b>	0.56	0.46	Strongly Disagree
<b>Pearson r</b>	0.15		Negligible

The table 3 shows the results of mean, standard deviation, and Pearson r. The mean has the highest average which gives 3.14 for degree of self – esteem and it was interpreted as neutral no effect to the self – esteem of the students. However, the self – esteem of the students has an equal impact in usage of Facebook because students has a low self-esteem in terms of usage of Facebook also the students already used Facebook for purpose like communication. Through interacting of social media like Facebook they can boost their self-esteem. According to Al – Ghafri and Al – Badi (2016), students gets higher self – esteem when they have close friends and strong ties and gets lower self – esteem when they had no interaction through social media; they can gets higher self – esteem because through Facebook they can meet new friends but it may decrease their self – esteem because there are barriers in socializing individuals. In addition, students with high collective self – esteem use to communicate with peer group members and motivates for use such as entertainment and passing time. Students who seem to turn their social media sites like Facebook for companionship. They may have low self –esteem because they do not have positive relationship with in group members in their everyday lives.

## VIII. SUMMARY OF FINDINGS, CONCLUSION, & RECOMMENDATION

This chapter presents the summary and the major findings of the study. Based on these findings, conclusions were made and recommendations were suggested.

## SUMMARY OF FINDINGS

Based on the results of the study, the degree of student's self – esteem has an equal impact; the level of attitude of the student's towards usage of Facebook has also an equal impact. The study revealed that the students have neutral relationship between the degree of self – esteem and level of attitude towards usage of Facebook is negligible which means that it has an equal impact to the students. It may positively and negatively affect their self – esteem in using Facebook.

## IX. CONCLUSION

Facebook has widely propagated almost all over the world. As a matter of fact, students nowadays used Facebook as a tool to communicate with their family and friends. However, the correlation of self – esteem between the usage of Facebook does not affect the self – esteem of the students while they were using Facebook but there is an equal impact to boost and lower their self – esteem. According to Camilia, Ibrahim and Dalhatu (2013), stated that students should have a balance if their time in using Facebook but some of the students over – use the utilization of Facebook. They have encountered difficulties in controlling usage of Facebook and turned into Facebook addiction. In addition, student who has high level of self – esteem does not have any problems in quitting Facebook because they are independent to utilized Facebook.

## Recommendations

The following recommendations will help the management of self – esteem when dealing Facebook:

First, students should be aware through programs which can help them boost their self – esteem. In addition, parents should check and observed the effect of the usage of Facebook to their children. They should set a time limit of their children in using Facebook. Teachers should raise the morale of students and make them more confident in their character.

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