

The Association between Facebook Emotional Dependency with Psychological Well-Being in Eudaimonic Approach among Adolescents 13-16 Years Old

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Abstract : In most of the countries, Facebook allocated high rank of usage among other social network sites. Several studies have examined the effect of Facebook intensity on individuals' psychological well-being. However, few studies have investigated its effect on eudaimonic well-being. The current study explored how emotional dependency to Facebook relates to psychological well-being in terms of eudaimonic well-being. The number of 402 adolescents 13-16 years old who studied in upper secondary school in Malaysia participated in this study. It was expected to find out a negative association between emotional dependency to Facebook and time spent on Facebook and psychological well-being. It also was examined the moderation effects of self-efficacy on psychological well-being. The results by Structural Equation Modeling revealed that emotional dependency to Facebook has a negative effect on adolescents' psychological well-being. Surprisingly self-efficacy did not have moderation effect on the relationship between emotional dependency to Facebook and psychological well-being. Lastly, the emotional dependency to Facebook and not the time spent on Facebook lessen adolescents' psychological well-being, suggesting the value of investigating Facebook usage among college students in future studies.

Keywords : emotional dependency to facebook, psychological well-being, eudaimonic well-being, self-efficacy, adolescent

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