



**UNIVERSITI PUTRA MALAYSIA**

***RELATIONSHIP BETWEEN FACEBOOK USE AND PSYCHOLOGICAL  
WELL-BEING AMONG SECONDARY SCHOOL PUPILS IN MALAYSIA***

**SEYEDEH SOMAYYEH NAEEMI**

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By

**SEYEDEH SOMAYYEH NAEEMI**

**Thesis Submitted to the School of Graduate Studies, Universiti Putra Malaysia, in  
Fulfillment of the Requirement for the Degree of Doctor of Philosophy**

**October 2015**

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*To my beloved mother and father for their prayers, and unwavering support*



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Abstract of thesis presented to the Senate of Universiti Putra Malaysia in fulfilment of the requirement for the degree of Doctor of Philosophy

## **RELATIONSHIP BETWEEN FACEBOOK USE AND PSYCHOLOGICAL WELL-BEING AMONG SECONDARY SCHOOL PUPILS IN MALAYSIA**

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**October 2015**

**Chairman : Professor Ezhar bin Tamam, PhD**  
**Faculty : Modern Language and Communication**

Increasing Facebook usage among adolescents has raised more studies and concerns about psychological well-being. This study investigated the relationships of frequency of Facebook use by purpose and Facebook dependency with psychological well-being in eudaimonic approach. It also examined possible moderation effect of self-efficacy and extrovert/ introvert personality in the relationship between three constructs of frequency of Facebook use by purpose and Facebook dependency with overall psychological well-being. A total of 401 secondary school students aged 13-16 were surveyed by using self-administered questionnaires. Structural equation modeling was used to test hypotheses.

The study found a significant positive relationship of *friends' connectivity* and *organizing event* with overall psychological well-being, and a significant negative relationship of *information seeking about others* and *Facebook dependency* with overall psychological well-being. The result of study revealed that information seeking about others and organizing events and Facebook dependency predict 34 percent of variance in overall psychological well-being. It also found that extrovert/ introvert personality moderate the relationship of information seeking about others and organizing event with overall psychological well-being, and self-efficacy moderate the relationship of organizing events and overall psychological well-being.

In term of theoretical contribution, the study clarified the nature of media influence and reaffirmed how media effect on different aspect of psychological well-being. Specifically, the study clarified the relationship between frequency of Facebook use with eudaimonic well-being of users.

In term of practice, the finding can be useful for youth development practitioners, families and subsequently adolescents. Youth developments practitioners through educational workshops can train families by giving appropriate awareness about Facebook usage (based on the information of this study), then families by using this knowledge can monitor their children's behavior.

Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia  
sebagai memenuhi keperluan untuk ijazah Doktor Falsafah

## HUBUNGAN ANTARA PENGGUNAAN FACEBOOK DAN PSIKOLOGI KESEJAHTERAAN DI KALANGAN MURID SEKOLAH MENENGAH DI MALAYSIA

Oleh

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Peningkatan penggunaan Facebook di kalangan remaja telah menyebabkan banyak kajian dilakukan dan meningkatnya kebimbangan terhadap kesejahteraan psikologi. Kajian ini mengkaji tentang perhubungan kekerapan pengguna Facebook secara bertujuan dan kebergantungan pada Facebook dengan kesejahteraan psikologi dalam SHQGHNDWIDQlatmonic". Kajian ini juga mengkaji kemungkinan kesan penyederhanaan "self-efficacy' GDQ SHUVRQDOE'Wtrovert/ introvert" dalam perhubungan antara tiga konstruk kekerapan penggunaan Facebook secara tujuan dan kebergantungan pada Facebook dengan kesejahteraan psikologi. Tinjauan telah dilakukan terhadap 401 orang pelajar sekolah menengah berumur 13-16 tahun dengan menggunakan borang soal selidik yang ditadbir sendiri. *Structural Equation Modeling* telah digunakan untuk ujian hipotesis. Kajian ini mendapati terdapat hubungan signifikan yang positif antara hubungan persahabatan dan penganjuran acara dengan keseluruhan kesejahteraan psikologi; dan hubungan negatif yang signifikan antara pencarian maklumat mengenai orang lain dan kebergantungan pada Facebook dengan keseluruhan kesejahteraan psikologi. Dapatan kajian mendedahkan bahawa fungsi pencarian maklumat mengenai orang lain, hubungan persahabatan, penganjuran acara dan kebergantungan pada Facebook dapat meramalkan 34 peratus varians dalam keseluruhan kesejahteraan psikologi. Kajian ini juga mendapati bahawa personaliti <sup>3</sup>introvert/ekstrovert" dapat menyederhanakan hubungan antara pencarian maklumat mengenai orang lain dan penganjuran acara dengan keseluruhan kesejahteraan SVLNRORJL GDQ VHDJDFDPHQHGHUkakan hubungan antara penganjuran acara dan keseluruhan kesejahteraan psikologi.

Dari segi sumbangan teori, kajian ini menjelaskan sifat pengaruh media dan mengesahkan bagaimana media memberi aspek kesan ke atas psikologi kesejahteraan. Secara spesifiknya, kajian ini menjelaskan hubungan antara kekerapan menggunakan Facebook dengan kesejahteraan eudaimonic pengguna.

Dari segi amalan, dapatan kajian itu berguna kepada pengamal pembangunan belia, keluarga dan seterusnya remaja. Pengamal pembangunan belia melalui bengkel pendidikan boleh melatih keluarga dengan memberi kesedaran yang sewajarnya

mengenai penggunaan Facebook (berdasarkan maklumat kajian ini). Keluarga kemudiannya dengan menggunakan pengetahuan ini boleh memantau tingkah laku atas talian anak-anak mereka.



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## APPROVAL

I certify that a Thesis Examination Committee has met on (19. October 2015) to conduct the final examination of Seyedeh Somayyeh Naeemi on her thesis entitled 'Relationship Between Facebook Use and Psychological Well-being among Secondary School Pupils in Malaysia' in accordance with the Universities and University Colleges Act 1971 and the Constitution of the Universiti Putra Malaysia [P.U.(A) 106] 15 March 1998. The Committee recommends that the student be awarded the Doctor of Philosophy.

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## LIST OF ABBREVIATIONS

CFA	Confirmatory Factor Analysis
FB	Facebook
MCMC	Malaysia Communication and Multimedia Commission
MSD	Media System Dependency
PWB	Psychological Well-Being
SEM	Structural Equation Modeling
SNS	Social Network Sites
U & G	Uses and Gratification Theory



## CHAPTER ONE

### INTRODUCTION

**Compared to previous generations, today's adolescents go about their daily lives** in an environment surpassingly rich in media and readily available information. The rapid growth of social network sites and the formation of new types of media have facilitated speed in communication and networking opportunities. The popularity of the social network sites have been increased by the existence of user-friendly communicative features of these sites.

In Malaysia, young people are the largest heavy users of social network sites, particularly Facebook (Mustaffa, Ibrahim, Mahmud, *et al.*, 2011). Studies have shown that on average Malaysian adolescents spend 34 hours on the Internet and 6.6 hours on social network sites per week (Patrick, Soh, Chew, Peng, & Ang, 2011). The communicative and connectivity functions of such sites facilitate for example the speedy arrangement of meetings, the dissemination of information, the ease in communication and the fulfillment of relational aspiration and needs of adolescents, all of which can contribute to personal development.

Although past studies have supported the benefits of social network sites, increasingly now, youth development practitioners, policy makers, governments and parents are concerned with the negative effects of using social network sites.

This dissertation seeks to discuss the association of Facebook use with psychological well-being among Malaysian adolescents. In examining the association, this study also investigates the role of the extrovert-introvert personality and self-efficacy in relation to Facebook usage and its consequences. In the following sections, the researcher provides the contextual information and theoretical arguments leading to research problems, objectives of study and the significance of the study.

#### **Growth of the Internet Usage and Social Network Sites (SNS)**

Digital media such as the Internet has been with adolescents for most of their lives since childhood. They use the Internet at home, in school and even on the go. Subrahmanyam and Smahel (2011) in their research found that adolescents aged 12-17 are the most frequent Internet users in most countries. A survey by World Internet Project in 2008 showed that 100% of the children in the age range of 12-14 years use the Internet in the UK. This survey also discovered that 89% of children in Israel, 69% of children in Czech Republic, 95% of children in Canada, 88% of children in United States of America and 76% of children in Singapore who use Internet were 12-14 years old. A research of the Pew Research Center in 2011 showed that 80% of adolescents aged 12-17 years used SNS such as Facebook and Myspace. Interestingly, The World Internet Project also discovered that as the ages of these users increased, their Internet use decreased (Lebo, 2013).

In Malaysia, a survey conducted in 2011 by the Malaysian Communication and Multimedia Commission (MCMC) showed that 84.4% of individuals used SNS to get information as well as communicate with their friends (MCMC, 2011). This survey

reported that 19.6% of Malaysian Internet users were adolescents. Patrick *et al.* (2011) studied Internet use in Penang and the Federal Territory of Kuala Lumpur, the two most developed states in Malaysia. They reported that Malaysian adolescents spent 34 hours on the Internet and 6.6 hours in SNS per week; and their online activities included online games, music, chat-rooms and searches.

Similarly, a recent study by the Ministry of Youth Development showed that in 2013, 13.3 million of Malaysians (45.5 % of the total population) have a Facebook account (Talip, 2013); whilst in 2011 the number of Facebook users was around 9.5 million (Hui, 2011). The above statistics reveal that Malaysian adolescents, like those of other countries, are high Internet and social network users.

### Reasons of Using Social Network Sites and Facebook

There is a wide variety reason of using social network sites. Some studies have revealed that adolescents mostly use social networks for purposes of social interaction, such as maintaining relationships and friendships. They use various types of communicative applications VXF KD V LQVWDQW PHVVDJLQJ WH[W PHVVDJLQJ H EORJV DQG YLGHRSKRWR VKDULQJ WR QDPH D IHZ (DFK FRPPXQLFDWLYH DSSOLFDW SODV D GLIIHUHQW UROH LQ DGROHVFHQWV QLIH DOWKRXJK WKHUH LV VRPH RYH functions. For example, adolescents PRVWOXVHLQVWDQWPHVVDJLQJ IRUFRPPXQLFDWLYH purpose and connect with their offline family members or friends. They use SNS to communicate with people whom they know socially, but rarely see in physical presence.

Another important factor is the possibility of social display or the shaping of personal self-image through Facebook. Adolescents can control their own profile in social networks (e.g. Facebook). They can choose who can or cannot see their profile information, to the point where they can blocNDSHUVRQIURPWKHLURZQIULHQGV OLWV (Subrahmanyam & Greenfield, 2008; Subrahmanyam & Smahel, 2011). This allows them to express their personality and the presentation of themselves to some subset of the world, much like their choice in clothes.

Generally, previous studies have consistently showed that adolescents use the various communicative tools to strengthen their relationships with families and friends, cultivate new friendships and form or maintain romantic connections (Lampe, Ellison, & Steinfield, 2006). Tosun (2012) showed that maintaining friendships is the main motivation of Facebook usage among undergraduates. Earlier studies such as Vasalou, Joinson, and Courvoisier (2010) indicated that students use Facebook IRU VRFLDO VHDUFKLQJ DQG ILQGLQJ QHZ FRQWDFWV SULBHUHQZKIOSH revealed that UHODWLRQVKLSPDLQWHQDQFFRILWVFKHEDWV usage amongst students.

It should be noted that the creation of Facebook in 2004 revolutionized social behavior and networking practices, which greatly increased the popularity of online SNS amongst adolescents (Kalpidou, Costin, & Morris, 2011).The Facebook news room reported that there were approximately 802 million daily active users in March 2014 that 82% of them were outside of Americans and Canadians (Newsroom, 2014). In Facebook, individuals can create their own profiles, reveal personal information, upload pictures or films, see profiles of others, and make new online friends (Kalpidou

*et al.*, 2011) were for maintaining contact with families, friends and business associates, meeting new people, seeking social support, self-presentation, getting help with their education-related assignments and for general entertainment-related purposes (Rudnicka, 2013).

### Relevancy of Social Network Sites, Facebook Use to Psychological Well-being

Various studies have examined the relationship between social network sites and psychological well-being in different age groups such as youths and adolescents. These studies have explored both the positive and negative outcomes of Facebook use and emphasized that the findings strongly supported the association of Facebook use and psychological well-being among students. Kalpidou *et al.* (2011) stated that spending an enormous amount of time on Facebook has a negative effect in relation to self-esteem but using Facebook for social connection has a positive effect relating to emotional and total adjustment among students who have low self-esteem. They discovered that first year students in college who had many Facebook friends reported having lower academic results and poorer emotional adjustment, whilst senior students who had many Facebook friends had higher academic achievements and had better emotional adjustment. Kalpidou *et al.* (2011) reason out that senior students utilize Facebook more beneficially, possibly because they use Facebook to communicate with their friends and participate in college life activities.

Kalpidou *et al.* (2011) also found that spending more time on Facebook has a correlation to low self-esteem whilst having many friends on Facebook positively. Valkenburg and Peter (2007a) believed that instant messaging has a moderating effect in online communication and time spent with existing friends via instant messaging has a positive effect on the quality of friendship which predicts well-being.

In a later study, Valkenburg and Peter (2011) pointed out that autonomy is an important factor in an adolescent's psychological wellbeing, which is influenced by social network sites indirectly. It should be noted that there are three developmental tasks on which adolescents have autonomy. These three psychological tasks include identity (i.e. knowing who they are and what they wish to become), intimacy (maintaining or developing relationship) and sexuality. To accomplish all these three developmental tasks, adolescents need self-presentation and self-disclosure. Online applications help adolescents to present and disclose themselves more freely and easily. Online communication allows youths to control their way of self-presentation and disclose themselves more comfortably than face-to-face communication. Consequently, the easy self-presentation and self-disclosure indirectly become an important factor in the development of psychological well-being (Valkenburg & Peter, 2011).

In another study, Kim and Lee (2011) considered whether Facebook as a social network site affects subjective well-being. Kim and Lee (2011) explained that positive self-presentation and honest self-disclosure are important factors in the development of psychological well-being.



Schwartz (2010) studied the relationship between Facebook use and self-esteem, narcissism and loneliness among undergraduate students. Schwartz (2010) found that Facebook use in attempts to increase the number of friends and spending time in updating status causes Facebook intensity, and Facebook use negatively associates with psychological well-being. The results also revealed that students who have low self-esteem tend to use Facebook more frequently than students who have high self-esteem.

In addition, Schwartz (2010) reported that Facebook usage also positively correlate with psychological well-being. Moorman (2012) examined how Facebook variables and Facebook engagement have a negative effect on psychological well-being of the young such as depression and loneliness. Moorman (2012) found that students who spent more time on Facebook and had many FB friends experienced higher level of depression. The findings revealed that although spending time on Facebook was a significant predictor of feelings of loneliness.

### Statement of Research Problem

With the growing number of social network sites, many studies have done on the relationship between the use of the Internet, social network sites, and psychological well-being in different age groups. Many studies have addressed the problems such as low self-esteem, loneliness, depression, social anxiety, subjective well-being (life satisfaction) and hedonic well-being (happiness) (Datu, Valdez, & Datu, 2012), (Moorman, 2012), (Manago, Taylor, & Greenfield, 2012), (Devine & Lloyd, 2012), (Kalpidou *et al.*, 2011), (Kim & Lee, 2011), (Wang, 2011), (Park, Song, & Lee, 2011), (Lee, Leung, Lo, Xiong, & Wu, 2010), (Mathers *et al.*, 2009), (Ellison, Steinfield, & Lampe, 2007), (Valkenburg & Peter, 2007a), (Moore & Susan, 2004), (Gross, Juvonen, & Gable, 2002), (Caplan, 2002).

Despite growing interest in the above areas of study, there is a lack of research on eudaimonic well-being. There is need for more research to understand the impact of social network sites on psychological well-being measured in eudaimonic terms. Publications remain quite sparse with regards to examining how and whether social network sites use affects eudaimonic well-being. Moreover, although in recent years researchers have devoted much attention to Facebook as a social network site, they have paid little attention to the correlation between Facebook use and psychological well-being in eudaimonic term.

Review of studies conducted in western and eastern countries especially Malaysia has revealed that the literature are lack in consensus and contradictory in results about the impact of Internet or social network sites such as Facebook on psychological well-being issues. Some studies reported positive effects whilst others indicated negative effects. A study by Kraut, Sara, Bonka, and Jonathon (2001) revealed a positive relationship between use of the Internet and psychological well-being amongst teens and adults. The Internet simplifies the process of communication; as users can now easily gain access to their families and close friends through the Internet, it encourages them to go online and stay online more often in order to communicate. Kraut and colleagues (2001) reported that using the Internet improves communication skills, as it promotes social involvement and improve personal well-being. Their study also suggested that users who are extroverts or receive much social

support from family members, friends, neighbors, and social groups benefit more from the Internet than people who receive less social support or they are introverts.

Ellison *et al.* (2007) researched the relationship between Facebook use and social capital and found indirect relationship between use of Facebook and psychological well-being, which includes self-esteem and subjective well-being such as life satisfaction. Ellison and colleagues (2007) reported that Facebook help students, especially those with low self-esteem and dissatisfaction in life, to overcome barriers and obstacles in college.

Contradictory to Kraut *et al.* (2001), and Ellison *et al.* (2007), a study by Boyd and Ellison (2007) found the negative sides of using social network sites in relation to psychological well-being. Boyd and Ellison (2007) declared that depression, low self-esteem and Internet addiction are significantly related to spending a great deal of time on social network sites. Moreover, an earlier study by Caplan (2002) showed being.

Generally, studies about the relationship between the Internet, social network sites (e.g. Facebook) and psychological well-being can be classified into several categories. Some studies have reported the association of using the Internet or social network sites on relationships (Boer, 2012; Subrahmanyam & Greenfield, 2008; Valkenburg & Peter, 2007a). Others have mentioned the impact of the Internet and use of social network sites in psychological well-being such as self-esteem, loneliness and depression e.g. (Aa *et al.*, 2009; Kalpidou *et al.*, 2011; Knibbe & Luchies, 2013; Lou, Yan, Nickerson, & McMorris, 2012; Moorman, 2012; Schwartz, 2012; Steinfield, Ellison, & Lampe, 2008; Valkenburg, Peter, & Schouten, 2006). Other studies have been made relating to social network sites and psychological well-being, which delved into subjective well-being, such as life satisfaction (Ellison *et al.*, 2007; Kim & Lee, 2011; Manago *et al.*, 2012; Valenzuela, Park, & Kee, 2008). Studies have also been conducted on happiness in terms of hedonic well-being (Kim & Lee, 2011; Utz & Beukeboom, 2011). There have been many studies that sought to investigate the some examples of which are the users' capacities for forming friendships, their self-esteem, loneliness and hedonic well-being. As of yet, there is no comprehensive study on the effects on eudaimonic well-being. A eudaimonic-based study is examining users in relation to their pursuit of fulfillment on a deeper level compared to previous hedonic-based studies that are concerned with pleasure-seeking. Hence, this study theory of psychological well-being in the eudaimonic approach to inspect the impact of Facebook use as a social network site. It should be noted that Ryff (1989) criticized the concept of psychological well-being, which was provided by previous scholars. According to Ben-BrDGEXUQVWHUPS VFKRORJLFDBZQJQO GUHSODFHGKLVPIHFWEODODQFHZLWKZKDW she believes are the six dimensions of well-EHLQJS 5IIVFRQFHSWXDOLJDWLRQRI psychological well-being includes autonomy, environmental mastery, positive relation with others, self-acceptance, purpose in life, and personal growth (Ryff, 2013). Ben-FLHK DQG .RUELQ QRWHG WKDW DWKRXJK LW LV QRW TXLWH FOHDQ ZKHOO FRQVLVWVLQHDFWOWKHVHVLGLPHQVLRQV5IIVWKHRUKDVIRUWZRGRGHFDGHVVSHIHXGDLPRQLFUHVHDFKS



As Ryff's theory is still the predominant eudaimonic paradigm, it is fitting to apply it to the study of social networks, especially the most popular websites. The obvious popular option for such eudaimonic study is Facebook itself. For many Malaysian Internet users, Facebook is a daily part of their online activities, a popular website where they engage in social expression and interaction on a daily basis, and that makes Facebook a suitable area for eudaimonic research. The sheer degree to which Facebook seems to be addressing the users' needs indicates that an extremely large number of users are seeking pleasure and fulfilment of one kind or another.

It is not unusual that the Malaysian users choose Facebook for these purposes, for it is extremely similar to global trends. In both Malaysia specifically and the world in general, Facebook is the most visited website among other social network sites, and it has become an integral part of millions of users' different aspects of life. Millions is not an exaggeration, as the statistics reveal that the number of monthly active Facebook users reached to 751 million in March 2013 and the number of daily Facebook active users reached to 655 million in this date in the world (Newsroom, 2014). According to Effective Measure and the Malaysian Digital Association, Facebook is the most famous and popular visited website in Malaysia (Mustaffa, Ibrahim, Mahmud, *et al.*, 2011). Nevertheless, none of previous researches has been studied the association of Facebook usage and psychological well-being in eudaimonic approach and few studies have investigated the effect of using social network sites on individual psychological health in Malaysia. For instance, Nee and Wong (2013) in a study about the impact of Facebook usage on psychological well-being in Malaysia reported that Facebook ranked the first site (64.14%) among others social network sites. Their study also reported that Facebook usage and psychological well-being was under moderate category.

### Research Question

Based on the above discussions, the research questions are summarized as follows:

- 1- Does utilizing Facebook in any way and for different purposes relate to psychological well-being in eudaimonic term?
- 2- Does self-efficacy and possession of an extrovert or introvert personality have any relation to psychological well-being in eudaimonic term?
- 3- Do self-efficacy and possession of an extrovert or introvert personality have any relation to psychological well-being in eudaimonic term?

### General Objectives

The main objective of the study is the association of Facebook usage on their psychological well-being in eudaimonic approach.

## Specific Objectives

- 1- To determine the relationship between frequency of Facebook use by purposes (information seeking about events) and overall psychological well-being in eudaimonic approach.
- 2- To determine the relationship between Facebook dependency and overall psychological well-being in eudaimonic approach.
- 3- To determine the moderation effect of introvert/extrovert personality on the relationship between Facebook dependency and overall psychological well-being in eudaimonic approach.
- 4- To determine the moderation effect of introvert/ extrovert personality on the relationship between Facebook dependency and overall psychological well-being in eudaimonic approach.
- 5- To determine the moderation effect of self-efficacy on the relationship between frequency of Facebook use by purpose (information seeking about events) and overall psychological well-being in eudaimonic approach.
- 6- To determine the moderation effect of self-efficacy on the relationship between Facebook dependency and overall psychological well-being in eudaimonic approach.

## Significance of Study

As has been acknowledged, prior research has examined the influence of Facebook use on psychological well-being, but the current research is different from previous research. By addressing a specific aspect that has previously not been sufficiently studied, this research is an attempt to understand what exactly the influence of Facebook on psychological well-being is, in terms of the eudaimonic approach. It is still not clear whether Facebook use is related to psychological well-being in term of eudemonic well-being and its influence is as same as other aspects of psychological well-being such as self-esteem, happiness, life satisfaction and etc. Thus, the importance of this study relies in the fact that the findings of behavioral and social science depends on different social conditions and the findings are different in each cultural context (Cohen, Cohen, West, & Aiken, 2013). Psychological well-being measure psychological well-being, which is important because it is relate to mental and physical health (Ryff, 2013). In the word of Ryan and Deci (2001) Carol Ryff<sup>3</sup> describes well-being not simply as the attaining of pleasure, but as the striving for a life of meaning and purpose. Psychological well-being can measure mental and physical health.

The findings of this study will contribute new knowledge, specifically related to local conditions and local culture. Regarding the predominance of Facebook usage in Malaysia, examining Facebook effect on psychological well-being in eudainomic term would allow a better grasp of adolescent psychological health. Undoubtedly, it is necessary to know why adolescents use Facebook, and how this usage influence in layer of mental, psychological, physical and social health. The results of the study help educators and parents to discover psychological consequences of Facebook use on adolescents. The findings also encourage educators and parents to find

effective strategies for their children, such as more efficient ways of monitoring their behavior.

### **Limitation of Study**

This study encountered a number of limitations. First, in terms of scope the study does not take into account other factors that may affect adolescents' well-being. To be more precise, this study considered three particular Facebook usage (information seeking, organizing events), and other factors could effect the possible influence of FB use and psychological well-being. Second, the findings were limited to the state with the highest number of Internet users, but omitted adolescents who lived in other areas of Malaysia. Therefore, the generalizability of the findings should be taken with caution.

### **Definition of Terms**

#### **Frequency of Facebook use by purpose**

Different purposes of Facebook use are categorized to *information seeking about others, friends' connectivity and organizing events*. The frequency of Facebook use by purpose refers to how frequent adolescents use Facebook for these three purposes.

#### **Facebook dependency**

Facebook dependency means the degree of emotional connection to Facebook and extends to which Facebook was integrated into one's daily activities.

#### **Adolescents**

There are different categories and definitions. The World Health Organization (WHO) defined age of 10-19 years old as being an adolescent and explained that adolescence is the stage after childhood and before adulthood (WHO, 2014). Additionally, Unicef (2011) divided adolescents in three stages: early (10-13), middle (14-16) and late (17-19). In this study, adolescents aged 13-16 years, who study in secondary schools.

#### **Psychological well-being**

It was borrowing Ryff's conceptualization of well-being. In this study psychological well-being refers to mental and physical health which includes six components, namely autonomy, environmental mastery, positive relation with others, self-acceptance, personal growth and purpose in life (Ryff, 2013).

### **Eudaimonic approach**

Eudaimonic approach pointed out to highest good of people. In the word of Ryff (2013)

### **Introvert/ extrovert personality**

**Introvert/extrovert personality shows individuals' character. Introverted personality** shows a character who cannot express himself or herself freely, while extroverted character can express him or herself more freely and can openly express himself or herself in face to face communications. Generally, introverts consider social interaction more tiring and complicated than extroverts, while extroverts consider a lack of social interaction more irritating and depressing than introverts.

### **Self-efficacy**

Borrowing Bandura (1997) conceptualization of self-efficacy, this study defines self - efficacy as

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## APPENDICES

### Appendix A

#### Survey Consent Letter



**PENGUNAAN INTERNET DAN RISIKO ATAS TALIAN (ONLINE) DI KALANGAN KANAK-KANAK MALAYSIA**



#### Surat Kebenaran Mengambil Bahagian Dalam Kajian

Kepada Ibubapa/ Penjaga,

Universiti Putra Malaysia (UPM) kini sedang menjalankan projek penyelidikan untuk menentukan penggunaan Internet di kalangan kanak-kanak Malaysia (bagi Tahun 3, 4, 5 dan Tingkatan 1, 2, 4) terutamanya mengenai kebaikan dan risiko yang dibawa oleh Internet. Projek ini dibawah tajaan dana universiti (RUGS) dan akan dijalankan di sekolah-sekolah di sekitar Selangor. Sekolah anak anda telah dipilih untuk menyertai projek ini dan anak anda telah terpilih sebagai peserta. Sebagai peserta, nama dan kerahsiaan data anak anda akan dilindungi.

Pasukan penyelidik projek ini diketuai oleh Prof. Dr. Md Salleh Hassan, bersama empat orang ahli-ahlinya iaitu: Prof. Dr. Ezhar Tamam, Prof. Madya Dr. Siti Zobidah Omar, Prof. Madya Dr. Jusang Bolong dan Dr. Nor Azura Adzharuddin. Ia juga melibatkan penyertaan empat pelajar-pelajar Doktor Falsafah (Azlina Daud, Misha Teimmoury, Seyedeh Somayeh Naeemi dan Elaheh Taheri).

Projek ini amat penting kerana hasil kajian nanti dapat membekalkan maklumat kepada pihak-pihak berkuasa mengenai tabiat pgunaan Internet kanak-kanak Malaysia, kebaikan dan risiko yang dihadapi mereka. Hasil kajian ini juga membolehkan pembangunan program pengajaran mengenai keselamatan Internet dijalankan di kalangan pelajar-pelajar sekolah di seluruh negara. Penyertaan anak anda dalam kajian ini amat dialu-alukan dan kami berharap mendapat kebenaran anda untuk tujuan ini.

Untuk maklumat lanjut, anda boleh menghubungi Pasukan Penyelidik di nombor telefon 03-89468777, Jabatan Komunikasi, Fakulti Bahasa Moden dan Komunikasi, Universiti Putra Malaysia (UPM):

**Prof. Dr. Md Salleh Hassan – Ketua Projek ([mdsalleh@putra.upm.edu.my](mailto:mdsalleh@putra.upm.edu.my))**

**Prof. Dr. Ezhar Tamam – Ahli**

**Prof. Madya Dr. Siti Zobidah Omar – Ahli**

**Prof. Madya Dr. Jusang Bolong – Ahli**

**Dr. Nor Azura Adzharuddin – Ahli**

*Azlina Daud – Pelajar ([daudazlina@yahoo.com](mailto:daudazlina@yahoo.com))*

*Misha Teimmoury – Pelajar ([misha.teimmoury@gmail.com](mailto:misha.teimmoury@gmail.com))*

*Seyedeh Somayeh Naeemi – Pelajar ([somayeh.naeemi@gmail.com](mailto:somayeh.naeemi@gmail.com))*

*Elaheh Taheri – Pelajar ([taheri1981@yahoo.com](mailto:taheri1981@yahoo.com))*

Borang yang dikembalikan berserta tandatangan anda, nama anda dan nama anak anda, menandakan anda telah memberikan kebenaran untuk anak anda menyertai kajian ini.

Saya (.....) bersetuju membenarkan anak saya (.....) mengambil bahagian dalam kajian "Penggunaan Internet dan Risiko Atas Talian (Online) di kalangan Kanak-Kanak Malaysia".

Tandatangan Ibubapa/Penjaga: .....

Tarikh: .....