## The relationship between emotional dependence on Facebook and psychological wellbeing in adolescents aged 13–16

## ABSTRACT

In most countries, Facebook is one of the top social networking sites among children and adolescents. Several studies have investigated the effect of Facebook dependency on individuals' psychological well-being. However, inadequate studies have examined the impacts of Facebook in eudaimonic well-being. The current study explores how emotional dependence on Facebook relates to psychological well-being in eudaimonic approach. A total of 401, 13 to 16 yearsold who studied at an upper secondary school in Malaysia participated in this study. We expected a negative association between emotional dependence on Facebook and psychological wellbeing. The moderation effect of self-efficacy was examined in the current research. The results of structural equation modeling revealed that emotional dependence on Facebook negatively effects adolescents' overall psychological well-being. The influence was more pronounced on autonomy, purpose in life, and positive relationship with others. The results also demonstrated that high self-efficacy did not reduce negative impacts of Facebook emotional dependence on adolescents' psychological well-being.

**Keyword:** Emotional dependence on Facebook; Psychological well-being; Eudaimonic approach; Self-efficacy; Adolescents